Better Homes & Gardens

FALL RECIPES™

80 WAYS TO SAVOR THE SEASON

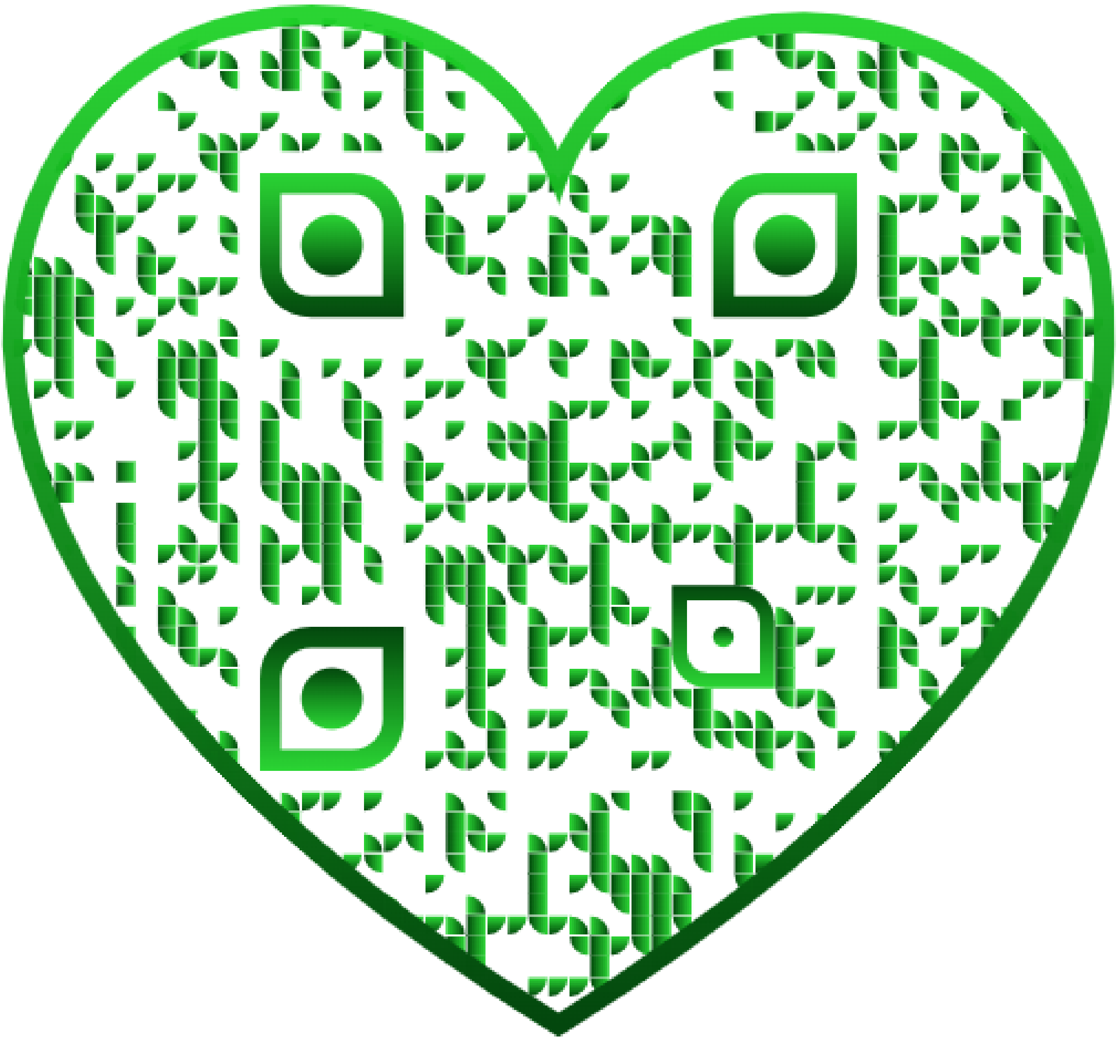
HEARTY SOUPS, STEWS & CHILIES

WARM SWEET TREATS

ROASTED PUMPKIN EVERYTHING

MUST TRY! Pearberry Scone Cobbler

2025
BHG.com



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HALLOWEEN TREATS on a stick

CELEBRATE HALLOWEEN'S NOT-SO-SPOOKY SIDE WITH A SPREAD OF CUTE AND WHIMSICAL SWEETS.

Reheat caramel mixture over low if it cools and thickens too much while coating the apples.

CARAMEL APPLES,
P. 4

Pumpkin Pie Pops

HANDS ON 30 min. **TOTAL TIME** 1 hr.

1½ cups chopped leftover pumpkin pie, including crust (about ¼ of a 9-inch pie)
1 cup finely crushed graham crackers
¼ cup purchased vanilla frosting
1 lb. white candy coating wafers or vanilla-flavor candy coating (almond bark)
½ tsp. pumpkin pie spice (optional)
24 lollipop sticks

1. In a large bowl stir together pie, graham crackers, and frosting until well combined. Shape mixture into 1¼-inch balls. Place on a parchment paper-lined baking sheet or tray. Freeze 30 minutes.
2. Meanwhile, melt coating in microwave for 1½ to 2 minutes, stirring every 30 seconds. Stir in pumpkin pie spice (if using). Dip a lollipop stick into the melted coating about 1 inch, then press a pie ball onto the stick, being careful not to insert stick too far. Dip the ball into coating, allowing excess to drip back into bowl. Return to baking sheet. If you like, sprinkle coated ball with additional pumpkin pie spice or graham cracker crumbs. Repeat with remaining balls and melted coating. Let stand until set. Store in refrigerator up to 3 days. **Makes 24 pops.**

PER POP *161 cal, 8 g fat (6 g sat fat), 5 mg chol, 54 mg sodium, 21 g carb, 0 g fiber, 15 g sugars, 1 g pro.*

Give the pops a pretty finish with graham cracker crumbs or drizzles of orange melted candy coating wafers.

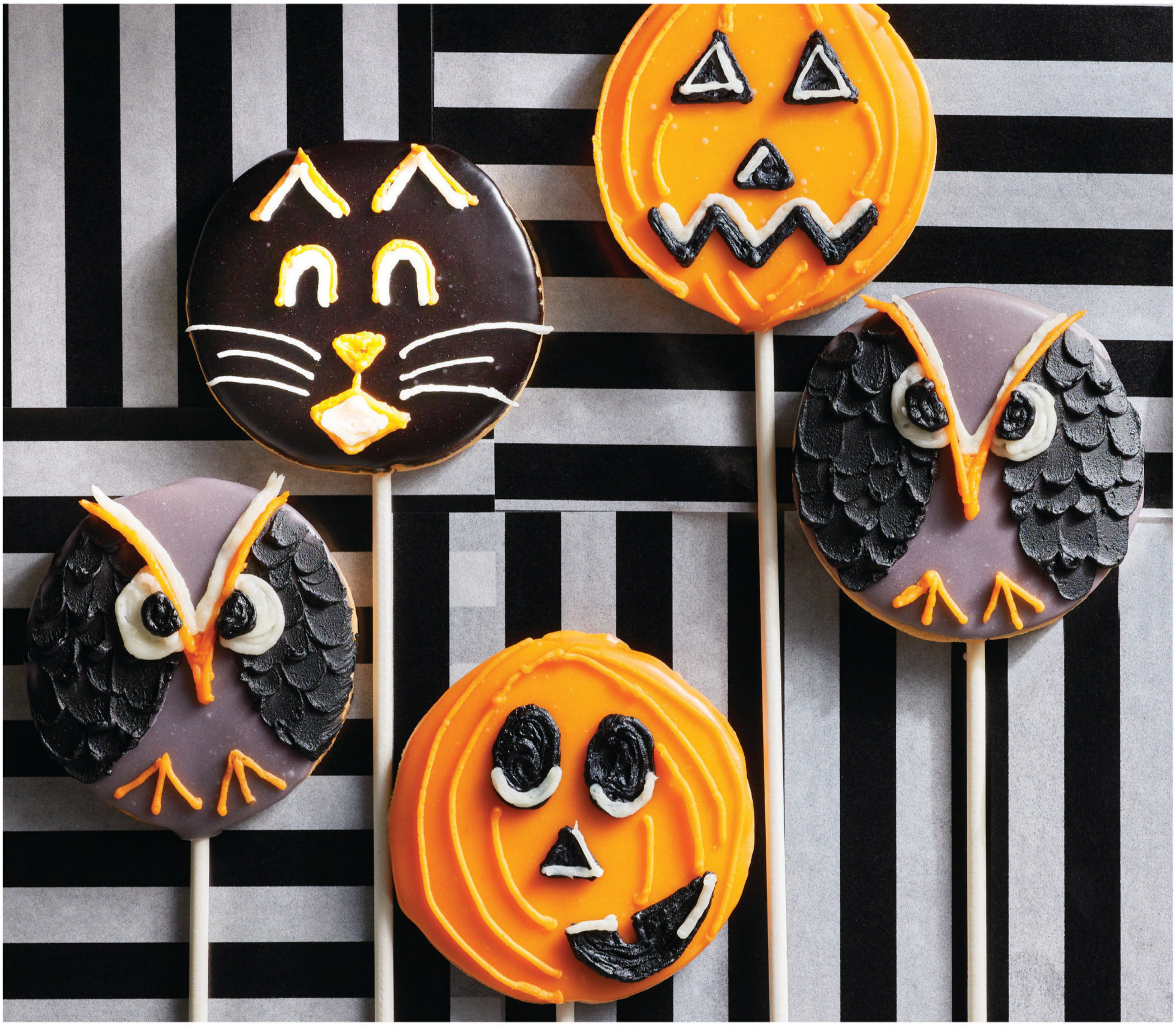
Caramel Apples

PICTURED ON *P. 3*
START TO FINISH 25 min.

Butter
Assorted candies or salted nuts (optional)
6 small tart apples
6 wooden skewers
1 14-oz. pkg. vanilla caramels, unwrapped
2 Tbsp. heavy cream or half-and-half

1. Generously butter a baking sheet. If you like, arrange candies or nuts in six rings (the center of each ring should be about the diameter of the apple base) on prepared pan.
2. Wash and dry apples; remove stems. Insert a wooden skewer into stem end of each apple.
3. In a medium saucepan combine caramels and cream. Cook and stir over medium-low until caramels are completely melted, stirring constantly. Working quickly, dip each apple into hot caramel mixture; turn to coat (tip, *p. 3*). Set each apple on prepared pan nestled in the ring of candies, if using; let stand until set. Serve the same day. **Makes 6 apples.**

PER APPLE *351 cal, 10 g fat (7 g sat fat), 6 mg chol, 164 mg sodium, 63 g carb, 3 g fiber, 40 g sugars, 4 g pro.*



Halloween Cookie Lollipops

HANDS ON 40 min. **TOTAL TIME** 2 hr.

- **⅔ cup butter, softened**
- **¾ cup granulated sugar**
- **1 tsp. baking powder**
- **¼ tsp. salt**
- **1 egg**
- **1 Tbsp. milk**
- **1 tsp. vanilla**
- **2 cups all-purpose flour**
- **36 oven-safe lollipop sticks**
- **1 recipe Royal Icing *(far right)* (optional)**

1. In a large bowl beat butter with a mixer on medium 30 seconds. Add sugar, baking powder, and salt. Beat until combined. Beat in egg, milk, and vanilla until combined. Beat in flour. Divide dough in half. Cover and chill 1 hour.

2. Preheat oven to 375°F. On a lightly floured surface, roll half of the dough at a time to ¼ inch thick. Using a floured 3-inch round cutter, cut out dough. Place cutouts 1 inch apart on an ungreased cookie sheet. Firmly press a lollipop stick into each cookie.

3. Bake until edges are firm and bottoms are light brown, 7 to 10 minutes. Remove; cool on a wire rack.

4. Spread a base coat of tinted Royal Icing onto cookies. Let stand until icing is set. Spoon additional icing into piping bags fitted with round tips. Pipe faces, designs, and accents onto cookies. Let stand until icing is set. **Makes 36 cookies.**

PER COOKIE *74 cal, 4 g fat (2 g sat fat), 15 mg chol, 59 mg sodium, 10 g carb, 0 g fiber, 4 g sugars, 1 g pro.*

ROYAL ICING

In a large bowl stir together one 16-oz. pkg. powdered sugar (4 cups), 3 Tbsp. meringue powder, and ½ tsp. cream of tartar. Add ½ cup warm water and 1 tsp. vanilla. Beat with a mixer on low until combined; beat on high until icing is very stiff, 7 to 10 minutes. Beat in additional water to reach desired consistency. Divide icing into separate bowls and tint as desired with food coloring gel or paste. Cover bowls with damp paper towels to prevent icing from drying out.

Fresh from the Pumpkin Patch

When autumn's most ubiquitous squash is ripe for the picking, these roasted recipes use them in the most delicious ways imaginable.

Roasted Pumpkin Wedges with Hot Honey and Feta

HANDS ON 15 min. **TOTAL TIME** 45 min.

2	**Tbsp. olive oil**
3	**Tbsp. hot honey (tip, *below*) or regular honey**
½	**tsp. salt**
½	**tsp. black pepper**
1	**2- to 3-lb. pie pumpkin, halved, seeded, and cut into 1½-inch wedges (tip, *p. 14*)**
1	**small red onion, cut into ½-inch wedges (1 cup)**
1	**cup crumbled feta cheese (4 oz.)**
¼	**cup hazelnuts, toasted and coarsely chopped**
1	**Tbsp. chopped fresh thyme leaves**

1. Line a large baking sheet with foil. Place pan in oven and preheat oven to 425°F. In a small bowl whisk together oil, 1 Tbsp. of the hot honey, and the salt and pepper. In a large bowl combine pumpkin wedges and half of the oil mixture; toss to coat. Arrange pumpkin wedges in a single layer on preheated baking sheet, cut edges down; roast 10 minutes.

2. In the same large bowl combine onion wedges and remaining oil mixture; toss to coat. Flip pumpkin wedges to other cut side. Add onion and any extra oil mixture to the pan; continue roasting until pumpkin wedges are tender and golden brown, about 20 minutes.

3. Transfer roasted pumpkin and onion to a serving platter. Drizzle with remaining 2 Tbsp. hot honey. Top with feta, hazelnuts, and thyme. **Makes 4 servings.**

PER SERVING *290 cal, 18 g fat (6 g sat fat), 25 mg chol, 553 mg sodium, 28 g carb, 2 g fiber, 19 g sugars, 7 g pro.*

HOT HONEY

Hot honey is a spicy-sweet condiment infused with fresh or dried chile peppers. The level of heat can vary greatly depending on the brand and type of chiles used. To make your own quick version, stir 1 Tbsp. crushed red pepper flakes into ¾ cup honey.

MAPLE BACON VINAIGRETTE

In a medium bowl whisk together ¼ cup pure maple syrup, 3 Tbsp. whole grain Dijon mustard, 3 Tbsp. balsamic vinegar, ¼ tsp. salt, and ¼ tsp. black pepper. Slowly whisk in the 3 Tbsp. reserved bacon fat.

ZA' ATAR PUMPKIN-BACON SALAD

Za’atar Pumpkin-Bacon Salad

HANDS ON 20 min.
TOTAL TIME 50 min.

3	**cups ½-inch chunks (tip, *p. 14*) peeled and seeded pie pumpkin (1 lb.)**
1	**Tbsp. olive oil**
2	**tsp. Za’atar (*below*)**
½	**tsp. salt**
6	**strips thick-cut bacon**
1	**5-oz. pkg. baby spinach and/or arugula (5 cups)**
2	**medium shallots, thinly sliced (¼ cup)**
1	**recipe Maple Bacon Vinaigrette (*opposite*) or ⅔ cup purchased balsamic vinaigrette**
½	**cup crumbled blue cheese (2 oz.)**
⅓	**cup dried cherries**
¼	**cup Roasted Pumpkin Seeds (*p. 17*)**

1. Preheat oven to 400°F. Line a rimmed baking sheet with foil.
2. In a large bowl toss pumpkin with olive oil and Za’atar. Spread evenly on the prepared baking sheet. Roast until pumpkin is tender, about 15 minutes. Cool pumpkin to room temperature.
3. Meanwhile, in a large skillet cook bacon over medium until browned and crisp. Transfer to paper towels to drain, reserving 3 Tbsp. bacon fat if making Maple Bacon Vinaigrette. Coarsely chop bacon.
4. In a serving bowl toss together spinach, shallots, and ⅓ cup of the Maple Bacon Vinaigrette. Top with roasted pumpkin, chopped bacon, blue cheese, cherries, and pumpkin seeds. Serve with remaining vinaigrette on the side. **Makes 4 servings.**

PER SERVING *411 cal, 24 g fat (9 g sat fat), 33 mg chol, 1,181 mg sodium, 36 g carb, 3 g fiber, 27 g sugars, 12 g pro.*

ZA’ATAR

Mix together 1 Tbsp. dried crushed oregano, 1 Tbsp. ground sumac, 1 Tbsp. toasted sesame seeds, 2 tsp. crushed dried thyme, 2 tsp. ground cumin, 2 tsp. ground coriander, and ½ tsp. salt. Store in an airtight container at room temperature up to 3 months.

ROASTED PUMPKIN CREAM CHEESE CRISP

Roasted Pumpkin Cream Cheese Crisp

HANDS ON 20 min.
TOTAL TIME 1 hr. 30 min.

7	**to 8 cups ¾-inch chunks (tip, *p. 14*) peeled and seeded pie pumpkin (2½ to 3 lb.)**
1	**Tbsp. vegetable oil**
½	**tsp. salt**
	Nonstick cooking spray
1	**8-oz. pkg. cream cheese, softened**
1	**egg**
5	**Tbsp. all-purpose flour**
1	**cup regular rolled oats**
¾	**cup packed brown sugar**
1¼	**tsp. ground cinnamon**
½	**cup butter, cut up**
½	**cup pepitas (pumpkin seeds)**
3	**Tbsp. granulated sugar**
2	**tsp. cornstarch**
¾	**cup apple cider**

1. Preheat oven to 425°F. Line an extra-large baking sheet with parchment paper. Place pumpkin on prepared baking sheet. Drizzle with oil and sprinkle with salt; toss to coat.
2. Roast pumpkin until edges are lightly browned, 30 minutes. It’s fine if the pumpkin is not tender at this point. Remove pumpkin from oven and set aside. Reduce oven temperature to 375°F.
3. Meanwhile, coat a 2-qt. rectangular baking dish with cooking spray. In a small bowl beat together cream cheese, egg, and 1 Tbsp. of the flour until combined.

MAKE AHEAD

Prepare roasted pumpkin, cream cheese filling, and sauce as directed. Store each separately in airtight containers and refrigerate up to 3 days. To finish, assemble crisp as directed. Bake in a 375°F oven until topping is browned, filling is bubbling around the edges, and the internal temperature is at least 165°F, 30 to 45 minutes.

4. For topping, in a large bowl combine oats, brown sugar, remaining 4 Tbsp. flour, and ½ tsp. of the cinnamon. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in pepitas.
5. In a small saucepan whisk together granulated sugar, cornstarch, and remaining ¾ tsp. cinnamon. Whisk in cider. Heat over medium, stirring frequently, until thickened and bubbly.
6. Spread half the cooked pumpkin over bottom of prepared baking dish. Drop about 20 small spoonfuls of cream cheese mixture over the pumpkin. Top cream cheese layer with remaining cooked pumpkin. Pour sauce mixture over pumpkin mixture; sprinkle with topping.
7. Bake until topping is golden and pumpkin is tender, about 35 minutes. Let stand 10 minutes before serving. **Makes 12 servings** (⅔ cup each).

PER SERVING *313 cal, 19 g fat (10 g sat fat), 55 mg chol, 228 mg sodium, 32 g carb, 1 g fiber, 21 g sugars, 5 g pro.*

Maple-Mascarpone-Stuffed Pumpkin

HANDS ON 15 min.
TOTAL TIME 1 hr. 5 min.

2 1½- to 1¾-lb. pie pumpkins
½ tsp. salt
2 Tbsp. butter, melted
¼ cup pure maple syrup
2 Tbsp. packed brown sugar
¼ cup mascarpone cheese
¼ cup heavy cream
1 tsp. vanilla
Freshly grated nutmeg
Candied Pecans *(below)* (optional)

1. Preheat oven to 350°F. Line a 15x10-inch baking pan with parchment paper. Halve pumpkins lengthwise (tip, *p. 14*). Scoop out seeds; discard. Sprinkle pumpkin flesh with salt. Place pumpkins, cut sides down, on the prepared baking pan. Bake 20 minutes.

2. Turn pumpkins cut sides up. Brush with melted butter. Drizzle with 2 Tbsp. of the maple syrup and sprinkle with brown sugar. Bake until tender when pierced with a fork, 30 to 40 minutes more, brushing again with the maple-butter mixture that settles in the pumpkin halves halfway through baking.

3. Meanwhile, in a medium bowl beat mascarpone, cream, vanilla, and 1 Tbsp. of the maple syrup until light and fluffy.

4. Brush pumpkin halves again with the maple-butter mixture to distribute evenly. Cut each pumpkin half in half again for eight wedges. Let cool to room temperature or serve warm. Top with the maple-mascarpone cream just before serving. Sprinkle with nutmeg and, if you like, Candied Pecans. Drizzle with remaining 1 Tbsp. maple syrup. **Makes 8 wedges.**

PER WEDGE *184 cal, 11 g fat (6 g sat fat), 27 mg chol, 180 mg sodium, 20 g carb, 1 g fiber, 15 g sugars, 2 g pro.*

CANDIED PECANS

In an 8-inch skillet combine ¼ cup toasted pecan halves, 1 Tbsp. sugar, and 1 tsp. butter. Cook and stir over medium until sugar and butter combine and coat the nuts. The mixture will be grainy until it melts fully and caramelizes, 3 to 4 minutes. Spread on a sheet of parchment paper to cool, separating nuts with a fork. When cool enough to handle, coarsely chop.

MAPLE-MASCARPONE-STUFFED PUMPKIN

Harissa Roasted Pumpkin Soup

PICTURED ON ***P. 13***
HANDS ON 20 min.
TOTAL TIME 1 hr.

6	**cups ½-inch cubes (tip, *p. 14*) peeled and seeded pie pumpkin (2 lb.)**
2	**Tbsp. olive oil**
½	**tsp. black pepper**
2	**cups sliced onion**
1	**Tbsp. thinly sliced peeled fresh ginger**
1	**to 2 Tbsp. harissa paste**
1	**Tbsp. plus 1 tsp. ras el hanout**
¾	**tsp. salt**
4	**cups reduced-sodium vegetable broth**
1	**Tbsp. packed brown sugar**
1	**cup heavy cream or unsweetened coconut milk**
1	**Tbsp. fresh lemon juice**
	Crumbled goat cheese and/or chopped fresh cilantro
1	**recipe Croutons *(p. 13)* or miniature naan flatbreads**

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil. Place pumpkin cubes on prepared pan and drizzle with 1 Tbsp. of the oil. Sprinkle with pepper. Roast until caramelized and tender, 20 to 25 minutes. Reserve ½ cup of the roasted pumpkin for garnish.

2. Meanwhile, in a 4- to 5-qt. Dutch oven heat remaining 1 Tbsp. oil over medium. Add onion and ginger; cook, stirring occasionally, until onion is softened and lightly browned on the edges, about 10 minutes. Add harissa paste, ras el hanout, and salt; stir until onion is coated in spice mixture and fragrant, about 30 seconds.

3. Stir in remaining 5½ cups roasted pumpkin, the broth, and brown sugar. Bring to boiling; reduce heat to low. Simmer, covered, stirring occasionally, until pumpkin is very tender when pierced with a fork, about 10 minutes. Stir in cream and lemon juice. Let mixture cool slightly.

4. Working in batches, carefully transfer pumpkin mixture to a blender. Secure lid on blender, and remove center piece to allow steam to escape. Place a clean towel over opening. Blend until smooth, about 30 seconds per batch. Or use a handheld immersion blender and blend until smooth. Serve soup topped with reserved roasted pumpkin cubes, goat cheese, and cilantro. Serve with Croutons. **Makes 6 servings** (1⅓ cups each).

PER SERVING *375 cal, 27 g fat (12 g sat fat), 52 mg chol, 962 mg sodium, 28 g carb, 2 g fiber, 9 g sugars, 7 g pro.*

TOASTED

Preheat oven to 300°F. Spread bread cubes evenly on a baking sheet. Bake 10 to 12 minutes or until bread is dry, stirring once halfway through baking.

Wild Rice Stuffing Pumpkins with Gruyère

HANDS ON 25 min. **TOTAL TIME** 1 hr. 20 min.

2	**2-lb. pie pumpkins**
2	**Tbsp. salted butter, melted**
1	**tsp. salt**
1	**tsp. black pepper**
8	**oz. bulk pork sausage**
¼	**cup salted butter**
½	**cup chopped red onion**
½	**cup chopped celery**
1	**cup chopped peeled apple**
2½	**cups bread cubes (½- to ¾-inch cubes), dried (tip, *above*)**
1¾	**cups cooked wild rice**
1⅓	**cups shredded Gruyère cheese**
¼	**cup dried cranberries**
2	**Tbsp. chopped fresh sage or 2 tsp. dried sage, crushed**
¼	**to ½ cup reduced-sodium chicken broth**
	Fried Sage Leaves *(p. 70)* (optional)

1. Preheat oven to 400°F. Line a 15x10-inch baking pan with parchment paper. Halve pumpkins lengthwise (tip, *p. 14*). Scoop out seeds; discard. Brush pumpkin flesh with the melted butter; sprinkle with ½ tsp. each of the salt and pepper. Place pumpkins, cut sides down, on prepared pan. Bake until tender, 20 to 25 minutes. Cool 20 minutes or until cool enough to handle.

2. Meanwhile, in a large skillet cook sausage over medium until browned, stirring to break up meat as it cooks. Drain fat. Transfer sausage to a bowl.

3. In the same skillet melt the ¼ cup butter over medium. Add onion, celery, and remaining ½ tsp. each salt and pepper. Cook 5 minutes or until just tender, stirring occasionally (adjust heat if necessary). Add apple; cook 1 minute more.

4. Turn cooled pumpkins cut sides up. Using a large spoon, carefully scoop flesh from the skins, leaving a ¼-inch shell. Add scooped-out flesh to bowl with sausage along with the vegetable mixture, bread cubes, cooked rice, ⅔ cup of the cheese, the cranberries, and chopped or dried sage. Stir until well combined, pressing pumpkin against sides to break up as needed. Drizzle with enough broth to just moisten, tossing lightly to combine. Spoon and pack mixture into the pumpkin halves.

5. Sprinkle remaining cheese on top. Bake until stuffing is heated through and top is starting to brown and crisp, 15 to 20 minutes. If using, top with Fried Sage Leaves. **Makes 8 servings.**

PER SERVING *351 cal, 20 g fat (10 g sat fat), 63 mg chol, 710 mg sodium, 31 g carb, 3 g fiber, 11 g sugars, 14 g pro.*

CROUTONS

Preheat oven to 425°F. In a medium bowl combine 2 Tbsp. olive oil, ½ tsp. minced garlic, ¼ tsp. salt, and ¼ tsp. black pepper. Add 3 cups cubed sourdough bread or cut-up naan and toss to coat. Transfer bread cubes to a 15x10-inch baking pan. Bake until golden, about 10 minutes, stirring halfway through. Cool completely.

HARISSA ROASTED PUMPKIN SOUP, *P. 11*

CUTTING PUMPKIN
We recommend using cut-resistant gloves to protect your hands when cutting hard and slippery pumpkins.

For the recipe *below*, start by cutting a 2-lb. pumpkin in half lengthwise with a sharp chef's knife; scrape out the seeds and flesh. Place pumpkin halves cut sides down on cutting board. Trim and discard both ends (stem and bottom). Slice into ½-inch-thick slices, rotating piece as necessary. Cut slices into 2-inch segments. Proceed as directed in recipe.

Roasted Pumpkin with Burrata

HANDS ON 15 min. **TOTAL TIME** 35 min.

- **1 2-lb. pie pumpkin, trimmed, seeded, and cut up (tip, *above right*)**
- **2 Tbsp. olive oil**
- **2 cloves garlic, minced**
- **¼ tsp. Aleppo pepper or crushed red pepper**
- **¼ tsp. salt**
- **¼ tsp. freshly ground black pepper**
- **8 oz. burrata cheese**
- **¼ cup purchased pesto**
- **1 to 2 Tbsp. chile-infused olive oil**
- **3 Tbsp. toasted pine nuts**
- **Toasted bread or crostini (optional)**

1. Preheat oven to 400°F. Line a rimmed baking sheet with foil.

2. In a large bowl toss pumpkin with the next five ingredients (through black pepper). Spread on prepared baking sheet. Roast until pumpkin is very tender and starting to brown, about 20 minutes.

3. Spread pumpkin on a serving platter. Tear burrata and place evenly on top of pumpkin. Dollop pesto and drizzle chile-infused olive oil evenly over burrata and pumpkin. Sprinkle with pine nuts. If using, serve with toasted bread.

Makes 4 servings.

PER SERVING *646 cal, 42 g fat (12 g sat fat), 41 mg chol, 1,033 mg sodium, 55 g carb, 3 g fiber, 7 g sugars, 21 g pro.*

Pumpkin Puree

HANDS ON 20 min. **TOTAL TIME** 2 hr. 20 min.

4 **2½-lb. pie pumpkins**

1. Preheat oven to 375°F. Cut pumpkins (tip, *opposite*) into 5x5-inch pieces. Remove and discard seeds and strings. Arrange pieces, rind sides up, in a single layer in foil-lined baking pans. Cover with foil and bake until tender, 1 to 1½ hours.

2. When pumpkins are cool enough to handle, scoop pulp from rinds into a food processor. Cover and process until smooth.

3. Spoon puree into a fine-mesh sieve (if you like, line the sieve with a double layer of 100%-cotton cheesecloth). Let stand 1 hour to drain. Lightly press puree to remove any additional liquid; discard liquid.

4. Transfer 1¾ cups puree to each of four pint freezer containers or quart freezer bags (squeeze air from bags and lay flat to freeze). Freeze up to 6 months. To use, thaw in refrigerator. **Makes 7 cups.**

PER ¼ CUP *29 cal, 0 g fat, 0 mg chol, 1 mg sodium, 7 g carb, 1 g fiber, 3 g sugars, 1 g pro.*

[PUMPKIN MATH]

2½-LB. PIE PUMPKIN=
1¾ CUPS PUREE

3½-LB. PIE PUMPKIN=
2½ CUPS PUREE

ONE 15-OZ. CAN PUMPKIN=
1¾ CUPS PUREE

SPICED PUMPKIN PIE FILLING

Prepare Pumpkin Puree as directed through Step 3. In a large bowl combine 7 cups strained puree, 3 cups packed brown sugar, 5 tsp. ground cinnamon, 4 tsp. ground ginger, 2 tsp. salt, 1 tsp. ground cloves, and if you like, 1 tsp. orange zest. Divide filling into four portions (about 2 cups each). Pack and freeze as directed.

PER ¼ CUP *106 cal, 0 g fat, 0 mg chol, 152 mg sodium, 27 g carb, 1 g fiber, 23 g sugars, 1 g pro.*

SPICED PUMPKIN PIE

For a 9-inch pie, thaw one portion Spiced Pumpkin Pie Filling in refrigerator overnight. Preheat oven to 400°F. In a large bowl combine filling and 4 lightly beaten eggs. Gradually stir in 1½ cups half-and-half just until combined. Pour into a partially baked pastry-lined pie plate. Cover edges with foil and bake 20 minutes. Remove foil; bake until a knife comes out clean, 45 to 50 minutes more. Cool on a wire rack. Cover and chill within 2 hours. Makes 8 servings.

PER SERVING *392 cal, 20 g fat (9 g sat fat), 125 mg chol, 403 mg sodium, 47 g carb, 1 g fiber, 25 g sugars, 8 g pro.*

OVEN DRY
To speed up drying, preheat oven to 200°F. Instead of air-drying, bake 10 minutes or until dry and glossy. Remove from oven. Increase oven temperature to 325°F. Continue as directed in Step 2.

CAJUN PUMPKIN SEEDS

Prepare and bake as directed, reducing salt to ¼ tsp. While seeds are still warm, toss with 1 Tbsp. Cajun seasoning until well coated.

SUGAR-SPICE PUMPKIN SEEDS

Prepare and bake as directed, omitting salt. Meanwhile, in a small bowl combine 1 Tbsp. sugar; ½ tsp. pumpkin pie spice, chai spice blend, or cinnamon; and ¼ tsp. salt. While seeds are still warm, toss with spiced sugar mixture until well coated.

CHILI-LIME PUMPKIN SEEDS

Prepare and bake as directed, reducing salt to ¼ tsp. While seeds are still warm, toss with 1 Tbsp. chili-lime seasoning (Tajín) until well coated.

roast your own

Pumpkin Seeds

The hidden reward for pumpkin carving is all those crunchy little seeds inside. Just clean, toss with a customized seasoning, and roast for a treat you can't stop munching.

Roasted Pumpkin Seeds

HANDS ON 5 min.
TOTAL TIME 2 hr. 45 min.

2 cups raw pumpkin seeds
1 Tbsp. vegetable oil
½ tsp. salt

1. Rinse pumpkin seeds in water until pulp and strings are washed off. Drain well and pat seeds dry with paper towels. Line a 15x10-inch baking pan with parchment paper. Spread seeds on prepared pan and let stand at room temperature, stirring occasionally, until dry (tip, *opposite*), 2 to 24 hours.

2. Preheat oven to 325°F. Drizzle seeds with oil and sprinkle with salt; stir to coat. Roast seeds, stirring occasionally, until toasted, about 40 minutes. Cool completely. Store cooled seeds in an airtight container at room temperature up to 3 weeks.

Makes 8 servings (¼ cup each).

PER SERVING *195 cal, 16 g fat (3 g sat fat), 0 mg chol, 150 mg sodium, 4 g carb, 0 g fiber, 0 g sugars, 7 g pro.*

NACHO CHEESE PUMPKIN SEEDS

Prepare and bake as directed, reducing salt to ¼ tsp. While seeds are still warm, toss with 1 Tbsp. cheese seasoning until well coated.

RANCH PUMPKIN SEEDS

Prepare and bake as directed, reducing salt to ¼ tsp. While seeds are still warm, toss with 1 Tbsp. dry ranch or Italian salad dressing mix and ½ tsp. freshly cracked black pepper until well coated.

all the RIGHT STUFF

Living the plant-slant lifestyle is simple when you stuff your fresh produce with contrasting textures and flavors. Veggie vessels with tasty fillings are our new dinnertime heroes.

Hailing from Thailand, laab (or larb)—a minced-meat salad seasoned with fish sauce, lime juice, and fresh herbs—was the inspiration for the filling in this savory twist on cabbage rolls.

CHICKEN LAAB CABBAGE ROLLS, *P. 21*

RECIPES: KATHERINE KNOWLTON

A mixture of chewy farro, crunchy veggies, and spicy harissa vinaigrette is the perfect pairing for creamy avocado. Make sure to get a bit of salad and avocado in each bite.

Farro Salad-Stuffed Avocados

A few simple ingredient swaps will make this recipe vegan. Substitute vegan feta (such as Violife) for regular feta cheese, and skip the finishing dollop of yogurt.

HANDS ON 25 min.
TOTAL TIME 40 min.

½	**cup uncooked farro**
1	**cup vegetable broth**
¼	**cup olive oil**
¼	**cup finely chopped shallot**
2	**garlic cloves, minced**
½	**to 1 tsp. harissa paste**
¼	**tsp. smoked paprika**
1	**lemon (1 tsp. zest, 2 Tbsp. juice)**
	Kosher salt
3	**medium firm, ripe avocados**
1⅓	**cups cut-up grape tomatoes**
1	**cup thinly sliced English cucumber**
1	**cup finely chopped red onion**
¼	**cup chopped fresh dill**
¼	**cup crumbled feta cheese**
	Plain Greek yogurt (optional)

1. Rinse and drain farro. In a medium saucepan bring broth to boiling; add farro. Cook until tender but still chewy in the center, 15 to 20 minutes; drain. Transfer to a bowl; let cool.
2. In a small saucepan heat 2 Tbsp. of the olive oil over medium. Add shallot; cook and stir until tender, 3 minutes. Add garlic; cook and stir 1 minute. Add to farro mixture with harissa, paprika, lemon zest and juice, and remaining 2 Tbsp. olive oil; mix. Season with salt.
3. Halve avocados lengthwise and remove pits. Using a spoon, scoop out flesh, keeping the peel intact. Set shells aside and chop avocado flesh.
4. Add chopped avocado, tomatoes, cucumber, red onion, and dill to farro mixture. Season with salt; toss gently to combine. Spoon farro mixture into avocado shells. Top with feta cheese and, if you like, serve with Greek yogurt.
Makes 6 servings.

PER SERVING *391 cal, 29 g fat (5 g sat fat), 7 mg chol, 312 mg sodium, 28 g carb, 9 g fiber, 4 g sugars, 7 g pro.*

FARRO SALAD-STUFFED AVOCADOS

Chicken Laab Cabbage Rolls

PICTURED ON ***P. 19***
HANDS ON 30 min.
TOTAL TIME 50 min.

1	**medium head savoy or green cabbage, separated into leaves and softened (tip, *right*)**
2	**Tbsp. olive oil**
3	**garlic cloves, minced**
1	**tsp. grated fresh ginger**
1	**cup roughly chopped cabbage**
1	**lb. uncooked ground chicken**
1	**Tbsp. sambal oelek**
1	**Tbsp. lime juice**
1	**Tbsp. reduced-sodium soy sauce or tamari**
1	**tsp. fish sauce**
½	**tsp. packed brown sugar**
¼	**cup chopped fresh basil**
¼	**cup chopped fresh mint**
	Spicy Sesame Dipping Sauce (recipe, *below*)

1. Preheat oven to 350°F. Lightly grease a 2-qt. rectangular baking dish. Lay cabbage leaves flat on a work surface.

2. For filling, in a skillet heat olive oil over medium-high. Add garlic, ginger, and chopped cabbage; cook and stir until garlic and ginger are fragrant and cabbage is slightly wilted, 2 minutes. Remove from skillet; cool.

3. In a large bowl combine chicken, sambal oelek, lime juice, soy sauce, fish sauce, and brown sugar. Stir in cabbage mixture and 2 Tbsp. each of the basil and mint.

4. Spoon about ¼ cup of the filling onto a cabbage leaf; roll up like a burrito, tucking in sides as you go. Place roll, seam side down, into the prepared baking dish. Repeat with remaining filling and cabbage leaves. Drizzle rolls lightly with additional oil.

5. Cover and bake until chicken mixture is cooked through (165°F), 20 to 25 minutes. Serve rolls with Spicy Sesame Dipping Sauce and remaining basil and mint. **Makes 4 servings.**

PER SERVING *284 cal, 18 g fat (4 g sat fat), 98 mg chol, 1,136 mg sodium, 9 g carb, 4 g fiber, 3 g sugars, 24 g pro.*

SPICY SESAME DIPPING SAUCE

In a small bowl stir together ¼ cup reduced-sodium soy sauce or tamari, ¼ cup thinly sliced green onions, and 1 tsp. each toasted sesame seeds, rice vinegar, sambal oelek, and toasted sesame oil.

[LEARN ABOUT IT]

LET'S ROLL

Use either of these methods to soften cabbage leaves so they are flexible for rolling.

BOIL

Fill a large pot halfway with water (pot needs to be large; the cabbage will displace some of the water). Bring to boiling, then reduce heat until water is simmering. Insert a large serving fork into cabbage core and submerge cabbage in water until outer leaves soften, 1 to 2 minutes. Remove cabbage from pot, cool slightly, and pull or trim the softened outer leaves away. Repeat submerging and peeling leaves away from core. (The thicker inner leaves will take 2 to 3 minutes to soften.)

FREEZE

Remove wilted outer leaves from cabbage. Rinse cabbage and remove core; pat dry. Place cabbage in a resealable plastic bag; seal. Freeze 3 hours or up to 2 days. When ready to use, thaw cabbage at room temp 2 to 3 hours. Peel the leaves away from core.

Here's the most decadent way to use up your bounty of garden-fresh tomatoes. Start with just a handful of ingredients—tomatoes, toasted bread, nuts, roasted mushrooms, and herb sprigs—plus 20 minutes in the oven or on the grill for a simple dinner.

Baked Stuffed Tomatoes with Herbs

You can also pop these onto a hot grill. Cook over medium heat until tomatoes soften, 10 to 15 minutes.

HANDS ON 20 min. **TOTAL TIME** 40 min.

6	**oz. day-old white bread, torn into small pieces (4 cups)**
½	**cup olive oil**
1	**cup whole pecans or walnuts, coarsely chopped**
4	**large or 5 medium tomatoes**
1	**cup chopped fresh mushrooms**
2	**Tbsp. fresh thyme, marjoram, or oregano leaves**
2	**garlic cloves, minced**
1	**tsp. kosher salt**
½	**tsp. black pepper**

1. Preheat oven to 400°F. Toss bread with ¼ cup of the olive oil and spread on a rimmed baking sheet with the nuts. Bake until bread is crisp and golden and nuts are toasted, 5 to 7 minutes.

2. Halve the tomatoes. Remove and discard seeds. Scoop out flesh from tomato halves, coarsely chopping any large pieces, and place in a medium bowl. Add toasted bread and nuts, mushrooms, thyme, garlic, salt, pepper, and the remaining ¼ cup oil; toss. Spoon bread mixture into tomato halves. Place on baking sheet.

3. Bake until tops are browned and tomatoes begin to collapse, 15 to 20 minutes. If you like, top with additional thyme. Serve immediately. **Makes 4 servings.**

PER SERVING *566 cal, 47 g fat (6 g sat fat), 0 mg chol, 857 mg sodium, 34 g carb, 6 g fiber, 9 g sugars, 9 g pro.*

Stuffed Eggplant Caponata

HANDS ON 30 min. **TOTAL TIME** 55 min.

2	**medium eggplants (2½ to 3 lb.)**
½	**cup olive oil**
1¼	**tsp. kosher salt**
2	**oz. thinly sliced prosciutto**
½	**tsp. black pepper**
1	**cup chopped red onion**
2	**garlic cloves, minced**
1¾	**cups chopped roma tomatoes**
⅔	**cup chopped roasted red bell pepper**
2	**Tbsp. raisins or dried currants**
2	**Tbsp. capers, drained**
2	**Tbsp. red wine vinegar**
¼	**tsp. crushed red pepper**
3	**Tbsp. pine nuts, toasted**
2	**Tbsp. coarsely chopped fresh flat-leaf parsley**
2	**Tbsp. coarsely chopped fresh mint**
4	**oz. burrata cheese, cut or torn into pieces**

1. Preheat oven to 400°F. Line a rimmed baking sheet with foil. Cut eggplants in half lengthwise through the stems. Using a sharp paring knife, cut around the edge of the flesh in each eggplant half, leaving a ½-inch border. Using a spoon, scoop out flesh, leaving a ½-inch-thick shell; reserve flesh. Place eggplant shells, cut sides up, on prepared baking sheet. Drizzle with 2 Tbsp. of the olive oil and sprinkle with ½ tsp. of the salt. Roast until tender, 25 minutes.

2. Meanwhile, line another baking sheet with parchment paper and arrange prosciutto in a single layer. Bake until browned and crisp, 8 minutes. Cool slightly and, if you like, crumble into bite-size pieces.

3. For the filling, chop reserved eggplant flesh into bite-size pieces. In an extra-large skillet heat ¼ cup of the olive oil over medium-high. Add eggplant; season with ½ tsp. of the salt and ¼ tsp. of the black pepper. Cook, stirring occasionally, until tender, 4 to 5 minutes. Transfer eggplant to a bowl.

4. In the same skillet heat remaining 2 Tbsp. olive oil over medium. Add red onion; cook and stir 3 minutes. Add garlic; cook and stir 1 minute. Stir in tomatoes, roasted bell pepper, raisins, capers, vinegar, crushed red pepper, and the cooked chopped eggplant; stir to combine. Remove from heat. Stir in pine nuts, parsley, and mint. Season with remaining ¼ tsp. each salt and black pepper.

5. Spoon warm filling mixture into roasted eggplant shells. Top with burrata and, if you like, place under broiler until cheese is melted, 1 minute. Top with crispy prosciutto and, if you like, additional crushed red pepper.

Makes 4 servings.

PER SERVING *514 cal, 41 g fat (9 g sat fat), 25 mg chol, 1,214 mg sodium, 30 g carb, 11 g fiber, 18 g sugars, 15 g pro.*

Caponata is a tangy simmered Sicilian mixture made of eggplant, bell pepper, onion, and tomatoes with vinegar, capers, and raisins. We added melted burrata and crisped prosciutto for an extra nudge of salty flavor.

Poblanos with Late-Summer Vegetables and Shrimp

HANDS ON 25 min. **TOTAL TIME** 55 min.

6	**fresh poblano peppers**
¼	**cup plus 3 Tbsp. olive oil**
12	**oz. fresh or frozen (thawed) medium shrimp in shells, peeled and deveined**
1½	**tsp. chili powder**
¾	**tsp. ground cumin**
¾	**tsp. kosher salt**
¾	**tsp. black pepper**
3	**cups chopped zucchini and/or summer squash (12 oz.)**
2	**ears sweet corn, husks and silks removed and kernels cut from cobs**
1½	**cups red and/or yellow cherry tomatoes, halved**
¼	**cup chopped fresh cilantro**
¼	**cup thinly sliced green onions**
½	**to 1 fresh serrano pepper, thinly sliced (tip, *left*)**
2	**limes (2 tsp. zest, 3 Tbsp. juice)**
2	**garlic cloves, minced**
	Crispy tortilla strips, toasted pepitas, thinly sliced radishes, and/or lime wedges

1. Preheat oven to 450°F. Line a shallow baking pan with foil. Place poblano peppers in pan; drizzle with 1 Tbsp. of the olive oil. Roast until tender and starting to char, 15 minutes. Wrap peppers in foil; let stand 15 minutes or until easy to handle. Peel skins from peppers (tip, *left*). Make a slit along one side of each pepper; remove and discard seeds.

2. Meanwhile, for filling, in a medium bowl combine shrimp, chili powder, cumin, and ½ tsp. each of the salt and black pepper. Drizzle with 1 Tbsp. of the olive oil; toss to coat. Heat an extra-large skillet over medium-high. Add shrimp mixture; cook, stirring once or twice, until shrimp are opaque, 2 to 3 minutes. Remove from skillet.

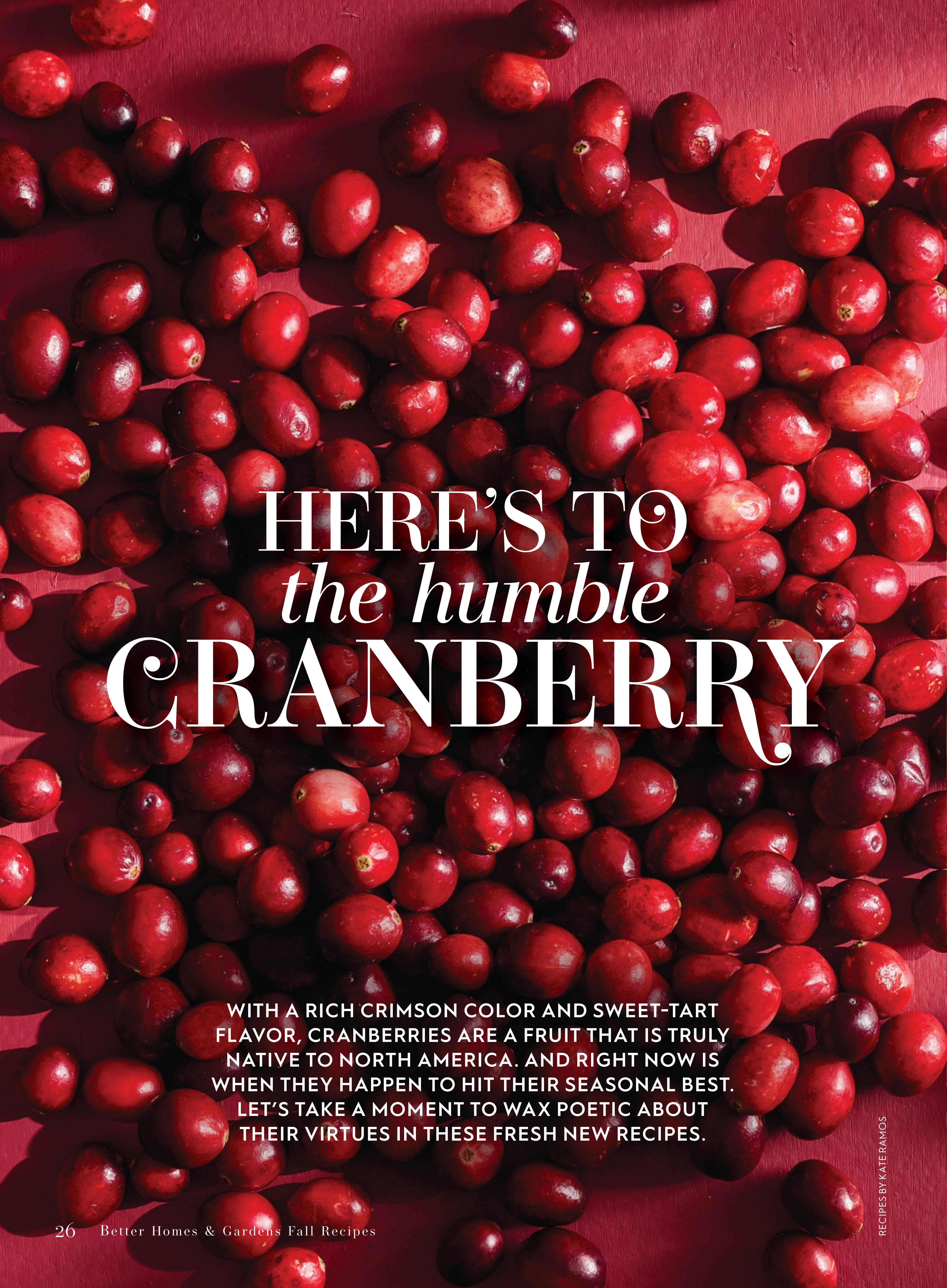
3. In the same skillet heat 1 Tbsp. of the olive oil. Add zucchini and corn. Cook, stirring occasionally, until tender and slightly browned, 5 minutes. Add tomatoes; cook until softened, 2 minutes. Return shrimp to skillet. Toss to combine. Season with ¼ tsp. each salt and black pepper.

4. For vinaigrette, in a small bowl combine cilantro, green onions, serrano, lime zest and juice, and garlic. Add remaining ¼ cup olive oil; whisk until combined.

5. Spoon shrimp mixture into poblano peppers. Drizzle with vinaigrette. Serve with tortilla strips, toasted pepitas, radishes, and/or lime wedges. **Makes 6 servings.**

PER SERVING *285 cal, 20 g fat (3 g sat fat), 79 mg chol, 187 mg sodium, 15 g carb, 4 g fiber, 6 g sugars, 15 g pro.*

HOT TIP!
The capsaicin in chile peppers is what causes the hot, burning sensation when eaten. But it can also cause a burning sensation on your hands that lingers for hours. To prevent this, wear rubber or plastic gloves when handling hot chiles.



HERE'S TO *the humble* CRANBERRY

WITH A RICH CRIMSON COLOR AND SWEET-TART FLAVOR, CRANBERRIES ARE A FRUIT THAT IS TRULY NATIVE TO NORTH AMERICA. AND RIGHT NOW IS WHEN THEY HAPPEN TO HIT THEIR SEASONAL BEST. LET'S TAKE A MOMENT TO WAX POETIC ABOUT THEIR VIRTUES IN THESE FRESH NEW RECIPES.

RECIPES BY KATE RAMOS

CRANBERRY-RICOTTA PANCAKES WITH SALTED MAPLE BUTTER, *P. 31*

Creamy ricotta in the batter adds both richness and a fluffy texture to these cute-as-can-be pancakes dotted with fresh cranberries and topped with a decadent homemade maple butter.

Salsa macha is a chunky oil-soaked chile-and-nut condiment hailing from Veracruz, Mexico, that often accompanies fish dishes. Our cranberry-flecked spin is equally delicious over rice pilafs or cooked veggies.

Cranberry Salsa Macha

HANDS ON 15 min. **TOTAL TIME** 1 hr.

1	**oz. dried pasilla chiles**
1	**oz. dried morita or chipotle chiles**
2	**cups grapeseed oil**
5	**garlic cloves, halved**
½	**cup roasted unsalted sunflower kernels**
¾	**cup dried cranberries**
1	**Tbsp. chia seeds**
¼	**cup dried hibiscus flowers (flor de jamaica), rinsed and chopped**
¼	**cup cider vinegar**
2	**tsp. kosher salt**
1	**tsp. dried mint**

1. Stem, seed, and, if you like, devein chiles. Cut into ¼-inch pieces.

2. In a medium saucepan combine grapeseed oil, garlic, and sunflower kernels; cook over medium until garlic is golden, about 15 minutes. (Garlic will take about 4 minutes to brown once the oil comes to a simmer.)

3. Remove grapeseed oil mixture from heat. Add chiles, cranberries, chia seeds, and hibiscus; let cool 30 minutes.

4. Transfer mixture to a food processor. Add vinegar, salt, and mint; pulse nine or 10 times or until mixture is emulsified and sunflower kernels are broken up but not pasty.

5. Serve over eggs, grilled fish, or bread. Store in an airtight container in the refrigerator up to 2 weeks. **Makes 2½ cups.**

PER 2 TBSP. *241 cal, 24 g fat (2 g sat fat), 0 mg chol, 114 mg sodium, 7 g carb, 1 g fiber, 3 g sugars, 1 g pro.*

Cranberry and Beet Panzanella

HANDS ON 15 min.
TOTAL TIME 50 min.

⅓	**cup cranberry juice**
1	**Tbsp. red wine vinegar**
1	**Tbsp. honey**
⅓	**cup olive oil**
½	**tsp. kosher salt**
¼	**tsp. black pepper**
4	**medium red and/or golden beets (about 1½ lb.), trimmed, peeled, and cut into wedges**
	Nonstick cooking spray
2	**shallots, cut into wedges (½ cup)**
4	**cups 1-inch cubes artisan bread**
½	**cup dried cranberries**
2	**cups mixed fresh herb leaves, such as parsley, mint, and dill**

1. Preheat oven to 425°F. For dressing, in a small bowl whisk together the first six ingredients (through pepper).
2. Place beets in a medium bowl. Add 2 Tbsp. of the dressing; toss to coat. (If using both red and golden beets, place in separate bowls and add 1 Tbsp. dressing to each bowl; toss to coat.) Place beets on one side of a 15x10-inch baking pan coated with cooking spray. Place shallots on the other side of the pan; drizzle with 1 Tbsp. of the remaining dressing. Roast 20 minutes, stirring once.
3. Meanwhile, in a large bowl toss bread cubes with 2 Tbsp. of the remaining dressing. Add to pan next to shallots. Roast until beets are tender and bread is toasted, stirring once, about 15 minutes.
4. Transfer beets, shallots, and bread to a platter or large shallow bowl. Top with cranberries and herbs. Serve with remaining dressing. **Makes 6 servings.**

PER SERVING *255 cal, 13 g fat (2 g sat fat), 0 mg chol., 389 mg sodium, 35 g carb, 5 g fiber, 18 g sugars, 4 g pro.*

CRANBERRY-HIBISCUS BABKA

This braided yeast bread is all dressed up for fall thanks to a swirl of homemade cranberry jam. Double the rewards by making two at a time—one for you to sample and the other to wrap up as a tasty gift.

If you don't have a mixer with a dough hook, stir together 1½ cups of the flour, the milk, ¼ cup granulated sugar, the eggs, yeast, and salt with a wooden spoon. Stir in butter pieces, one at a time, until mixed in (it should take 5 to 6 minutes). Stir in the remaining flour until satiny and elastic (about 3 minutes). Continue as directed in Step 3.

→

Cranberry-Hibiscus Babka

Look for whole dried hibiscus flowers in Mexican grocery stores or online. Rinse them in cold water before using.

HANDS ON 30 min. **TOTAL TIME** 5 hr. 5 min. (includes rising time)

1 cup fresh or frozen cranberries
⅓ cup granulated sugar
3 Tbsp. orange juice
¼ cup dried hibiscus flowers (flor de jamaica), rinsed (optional)
¼ cup water
2 cups all-purpose flour
½ cup warm whole milk
¼ cup plus 3 Tbsp. granulated sugar
2 eggs, at room temperature
1 tsp. active dry yeast
½ tsp. kosher salt
4 Tbsp. unsalted butter, at room temperature, cut into small pieces
Nonstick cooking spray
1 to 2 Tbsp. turbinado sugar

1. For the jam, in a medium saucepan combine cranberries, the ⅓ cup granulated sugar, the orange juice, hibiscus flowers (if using), and the water. Bring to simmering, stirring to dissolve sugar. Reduce heat. Gently simmer, uncovered, until slightly thickened, about 15 minutes. Let cool 15 minutes; transfer mixture to a blender and blend to a smooth puree. Cool completely. You should have ⅔ cup jam (it thickens as it cools; stir before using).

2. For the babka, in the bowl of a stand mixer fitted with a dough hook (tip, *opposite*) combine flour, milk, ¼ cup of the granulated sugar, the eggs, yeast, and salt. Mix on low until combined. Increase speed to medium and knead 8 minutes. Add butter, one piece at a time, beating until combined after each.

3. Coat a medium bowl with cooking spray; transfer dough to the bowl. (Dough will be very sticky; use greased or floured hands or a spatula.) Cover; let rise in a warm place 2 to 3 hours or until double in size.

4. Turn out dough onto a generously floured work surface. Sprinkle with more flour; pat dough into a 12x9-inch rectangle. Spread jam in an even layer over rectangle, leaving a 1-inch border all the way around. Starting from a long side, roll dough into as tight a log as you can without the jam squeezing out. Pinch edges of dough to seal.

5. Cut the log in half lengthwise, exposing the jam. Lay the two pieces, jam side up, side by side. Twist the two pieces around each other. Pinch ends together and fold them under the loaf.

6. Coat a 9x5-inch loaf pan with cooking spray. Lay the babka in the pan. Cover; let rise in a warm place until it has risen slightly above the edge of the pan, 1½ to 2 hours.

7. Position an oven rack in the middle of the oven. Preheat oven to 350°F. Bake babka until golden brown, firm to the touch, and the internal temperature reaches 190°F, about 35 minutes.

8. Meanwhile, in a small saucepan combine the remaining 3 Tbsp. granulated sugar and 3 Tbsp. water. Bring to boiling, stirring to dissolve sugar. Remove from heat; let syrup cool slightly.

9. Remove babka from oven and brush generously with syrup while still warm. Sprinkle with turbinado sugar. Cool in pan on a wire rack 15 minutes. Remove babka from pan; cool at least 15 minutes more. **Makes 12 servings.**

TO FREEZE Wrap cooled bread tightly with plastic wrap and foil; freeze up to 3 months. Thaw at room temperature.

PER SERVING *190 cal, 5 g fat (3 g sat fat), 42 mg chol, 65 mg sodium, 32 g carb, 1 g fiber, 15 g sugars, 4 g pro.*

Cranberry-Ricotta Pancakes with Salted Maple Butter

PICTURED ON ***P. 29***
START TO FINISH 40 min.

4 blood oranges or oranges
4 eggs, separated
1½ cups whole milk ricotta cheese
⅔ cup whole milk
1⅓ cups all-purpose flour
½ cup sugar
2 tsp. baking powder
1 tsp. kosher salt
1 cup chopped fresh or frozen cranberries, thawed
Salted Maple Butter (recipe, *below*)
Maple syrup (optional)

1. Remove 2 Tbsp. zest and squeeze ¼ cup juice from oranges. In a large bowl whisk together zest and juice, egg yolks, ricotta, and milk until smooth.

2. In a medium bowl combine flour, sugar, baking powder, and salt.

3. For batter, add flour mixture to ricotta mixture and stir until just barely combined. (A few lumps are fine.)

4. Place egg whites in the bowl of a stand mixer fitted with whisk attachment. Whisk on high until stiff peaks form (tips stand straight). Fold half of the whites into the batter. Add remaining whites; gently fold them in until mostly blended but some streaks of egg whites remain.

5. Heat a greased griddle or skillet over medium. Add batter in ¼-cup scoops. Top each pancake with ½ to 1 Tbsp. chopped cranberries. Cook until golden, 2 to 3 minutes per side. (Keep warm in an oven on low.) Serve pancakes with Salted Maple Butter and, if you like, maple syrup. **Makes 6 servings** (3 pancakes each).

PER SERVING *540 cal, 31 g fat (15 g sat fat), 198 mg chol, 620 mg sodium, 55 g carb, 2 g fiber, 26 g sugars, 13 g pro.*

SALTED MAPLE BUTTER

In a medium bowl combine ½ cup softened unsalted butter, 3 Tbsp. pure maple syrup, and ¾ tsp. kosher salt.

This rich dish, including the hard cider-spiked pan sauce, comes together in one oven-going skillet.

Pork Chops with Cranberries and Pears

HANDS ON 25 min.
TOTAL TIME 40 min.

1	Tbsp. packed brown sugar
1	tsp. ground mustard
1¾	tsp. kosher salt
¾	tsp. black pepper
4	6-oz. boneless pork chops, cut 1 inch thick
1	Tbsp. olive oil
2	large ripe Bartlett pears, cored and cut into wedges
1	medium yellow onion, cut into ¼-inch-thick wedges
1	cup fresh or frozen cranberries
3	sprigs fresh rosemary
1	cup hard apple cider
2	Tbsp. unsalted butter

1. Preheat oven to 425°F. For spice mix, in a small bowl stir together brown sugar, mustard, 1½ tsp. of the salt, and ½ tsp. of the pepper. Rub mix over both sides of chops.

2. In a 12-inch oven-going skillet heat olive oil over medium-high. Add chops and cook until browned, 2 to 3 minutes per side. Remove chops from skillet.

3. Add pears and onion to skillet. Cook and stir until browned, about 2 minutes. Return chops to skillet, nestling into pears and onions. Top with cranberries and rosemary.

4. Bake until pork reaches 145°F, about 15 minutes. Transfer chops and pear mixture to a platter; cover to keep warm.

5. For sauce, carefully add cider to hot skillet. Boil gently over medium until reduced and slightly thickened, 5 to 7 minutes, stirring to scrape up browned bits. Whisk in butter; cook and stir 1 to 2 minutes more to thicken. Stir in remaining ¼ tsp. each salt and pepper. Spoon sauce over chops and pear mixture. **Makes 4 servings.**

PER SERVING *391 cal, 14 g fat (5 g sat fat), 95 mg chol, 552 mg sodium, 28 g carb, 5 g fiber, 18 g sugars, 35 g pro.*

Cranberry Pisco Sour

HANDS ON 10 min.
TOTAL TIME 5 hr. 40 min. (includes chilling and drying)

1	**cup granulated sugar**
1	**cup unsweetened cranberry juice**
1	**cup fresh or frozen cranberries**
¾	**cup superfine sugar**
2	**oz. pisco brandy**
1	**oz. unsweetened cranberry juice**
½	**oz. lime juice**
½	**oz. egg white (tip, *left*)**
	Angostura bitters

1. For simple syrup, in a medium saucepan combine granulated sugar and the 1 cup cranberry juice. Heat over medium-high, whisking to dissolve sugar. Bring to a simmer; remove from heat. Stir in cranberries. Let stand 30 minutes. Cover and chill at least 4 or up to 24 hours.

2. Strain cranberries, reserving syrup. Place superfine sugar in a bowl. Working with a few at a time, roll cranberries in the sugar. Let dry on a parchment paper-lined baking sheet at least 1 hour. Thread onto cocktail picks.

3. For each cocktail, in a cocktail shaker combine pisco, the 1 oz. cranberry juice, the lime juice, egg white, and ½ oz. of the cranberry syrup. Shake 15 to 20 seconds. Fill cocktail shaker two-thirds full with ice; shake 20 seconds. Strain into a cocktail glass. Add three or four drops bitters to the cocktail and garnish with sugared cranberry skewer. **Makes 1 cocktail.**

PER COCKTAIL *214 cal, 0 g fat, 0 g chol, 29 mg sodium, 18 g carb, 0 g fiber, 16 g sugars, 2 g pro.*

CRANBERRY PISCO SOUR

The fancy frothy look on this sour comes from the addition of raw egg whites. If you're worried about consuming raw eggs, you can sub in 1 Tbsp. pasteurized refrigerated egg product in place of the ½ oz. egg white.

STEW SEASON

When the autumn weather turns chilly, a potful of hearty stew brings warmth and comfort in high supply. Seasonal veggies and wholesome ingredients create flavor combos the whole family will cozy up to.

Corn and Potato Stew with Cornmeal Dumplings, *p. 39*

STEW STORAGE

Let stew cool slightly; transfer to an airtight container and refrigerate up to 3 days. Or to freeze (do not freeze Corn and Potato Stew as potatoes will get mealy), transfer stew to freezer containers; freeze up to 2 months. To serve, thaw stew in refrigerator 1 to 2 days. Heat in a Dutch oven over medium until bubbly, stirring occasionally. Stir in additional broth, if necessary, to reach desired consistency.

Pork and Squash Stew with Ginger-Red Cabbage Slaw

HANDS ON 40 min. **TOTAL TIME** 2 hr. 10 min.

1	**tsp. kosher salt**
½	**tsp. curry powder**
¼	**tsp. ground coriander**
¼	**tsp. ground allspice**
2	**to 2½ lb. boneless pork shoulder, trimmed and cut into 1-inch pieces**
2	**Tbsp. olive oil**
2	**leeks, trimmed, halved lengthwise, rinsed, and sliced ¼ inch thick**
2	**stalks celery, chopped, or 1 bulb fennel, cored and chopped**
1	**32-oz. box reduced-sodium chicken broth**
1½	**to 2 lb. butternut squash, peeled, seeded, and cut into 1-inch pieces**
2	**cooking apples (such as Granny Smith), peeled, cored, and cut into 1-inch pieces**
1	**recipe Ginger-Red Cabbage Slaw**

1. In a large bowl combine salt, curry powder, coriander, and allspice. Add pork to bowl; toss to coat. In a 4- to 6-qt. Dutch oven heat 1 Tbsp. of the olive oil over medium-high. Add half the pork; cook and stir until browned. Transfer browned pork to another bowl. Repeat with remaining 1 Tbsp. olive oil and pork; transfer to bowl. Add leeks and celery to pot; reduce heat to medium. Cook and stir 5 minutes, scraping up browned bits.

2. Add pork and broth to Dutch oven. Bring to boiling; reduce heat. Simmer, covered, 1 hour, stirring occasionally. Stir in squash and apples. Simmer, covered, 25 minutes. Uncover and cook until squash and pork are tender, about 5 minutes more.

3. Just before serving, prepare Ginger-Red Cabbage Slaw. Ladle stew into bowls; top with slaw.

Makes 6 servings.

PER SERVING *372 cal, 12 g fat (3 g sat fat), 91 mg chol, 874 mg sodium, 27 g carb, 5 g fiber, 10 g sugars, 38 g pro.*

GINGER-RED CABBAGE SLAW

In a large skillet heat 1 Tbsp. olive oil over medium-high. Add 3 garlic cloves, minced, and a pinch salt. Cook and stir 15 seconds. Add 2½ cups shredded red cabbage. Cook and stir 3 minutes or until crisp-tender. Stir in 2 tsp. grated fresh ginger or ½ tsp. ground ginger. Remove from heat. Stir in 3 Tbsp. chopped fresh flat-leaf parsley and zest and juice from 1 small lemon.

Oven Beef and Barley Stew

HANDS ON 20 min. **TOTAL TIME** 2 hr.

3	**Tbsp. olive oil**
2	**to 2½ lb. beef stew meat**
2	**strips bacon, coarsely chopped**
3	**garlic cloves, thinly sliced**
3	**Tbsp. tomato paste**
1	**cup dry red wine**
1	**32-oz. carton reduced-sodium beef broth**
1	**to 2 Tbsp. chopped fresh thyme or rosemary**
¾	**tsp. kosher salt**
¾	**tsp. black pepper**
¼	**cup all-purpose flour**
½	**cup dry regular barley, farro, or brown rice***
4	**carrots or parsnips, peeled and cut into 1- to 2-inch pieces, or 2 cups baby carrots**
2	**cups sliced fresh cremini or button mushrooms**
1	**medium onion, cut into thin wedges**
1	**cup frozen peas**
2	**croissants, cut into 1½-inch chunks**
2	**Tbsp. butter, melted**
2	**garlic cloves, minced**
1	**Tbsp. finely chopped fresh flat-leaf parsley**

1. Arrange oven racks, placing one rack at the lowest level. Preheat oven to 325°F.

2. In a 5- to 6-qt. Dutch oven heat 1 Tbsp. of the olive oil over medium-high. Add half the beef and bacon; cook until browned, stirring occasionally. Using a slotted spoon, transfer meat to a bowl. Add another 1 Tbsp. olive oil, remaining beef and bacon, and the sliced garlic to Dutch oven. Cook 3 minutes, stirring occasionally. Return all meat to Dutch oven. Stir in tomato paste; cook and stir 2 minutes.

3. Carefully add wine, stirring to scrape up any browned bits. Reserve ½ cup of the reduced-sodium beef broth. Add remaining broth to meat mixture. Stir in thyme and ½ tsp. each of the salt and pepper. Bring to boiling. Cover and place pot on the lower oven rack; braise 1 hour.

4. In a small bowl whisk together reserved ½ cup broth and the flour; stir into beef mixture. Stir in barley. Bake, covered, until barley is tender and stew is thickened, about 35 minutes more.

5. Meanwhile, in a shallow baking pan combine carrots, mushrooms, onion, remaining 1 Tbsp. olive oil, and remaining ¼ tsp. each salt and pepper; toss to coat. Place on a separate oven rack; roast, uncovered, 45 minutes, stirring once.

6. Stir vegetable mixture and peas into stew; let stand, covered, 5 minutes. Increase oven temperature to 425°F.

7. For croutons, line a shallow baking pan with foil. In a large bowl combine croissant chunks, melted butter, minced garlic, and parsley; toss to mix. Spread croissants evenly in prepared pan. Bake 5 minutes or until toasted; let cool. Serve croutons over stew. **Makes 6 servings.**

***TIP** If you use brown rice, increase baking time in Step 4 to 45 minutes.

PER SERVING *598 cal, 31 g fat (13 g sat fat), 119 mg chol, 971 mg sodium, 39 g carb, 7 g fiber, 8 g sugars, 36 g pro.*

Moroccan-Style Chicken and Cauliflower Stew

Moroccan-Style Chicken and Cauliflower Stew

HANDS ON 20 min.
TOTAL TIME 1 hr. 40 min.

1	**tsp. ground cumin**
1	**tsp. ground ginger**
½	**tsp. ground cinnamon**
¼	**tsp. cayenne pepper or ½ tsp. crushed red pepper**
½	**tsp. kosher salt**
2	**lb. chicken thighs and/or drumsticks, skinned if desired**
1	**Tbsp. coconut oil or olive oil**
3	**garlic cloves, minced**
1	**28-oz. can crushed tomatoes**
1½	**cups reduced-sodium chicken broth**
2	**cups small cauliflower florets and/or halved green beans**
1	**15-oz. can chickpeas, rinsed and drained**
¼	**cup coarsely chopped dried apricots**
¼	**cup coarsely chopped pitted green olives**
3	**cups hot cooked couscous or rice (optional)**
	Chopped fresh flat-leaf parsley, toasted slivered almonds, and/or lemon wedges (optional)

1. In a small bowl combine cumin, ginger, cinnamon, cayenne, and salt. Rub chicken with half the spice mixture.
2. In a 4- to 6-qt. Dutch oven heat coconut oil over medium. Cook chicken, turning once, until browned, 6 to 8 minutes. (Cook in batches if necessary to prevent crowding.) Add garlic around chicken; cook 1 minute more. Add remaining spice mixture, the crushed tomatoes, and broth. Bring to boiling; reduce heat. Simmer, covered, 45 minutes. Add cauliflower, chickpeas, apricots, and olives. Return to boiling; reduce heat. Simmer, covered, 25 minutes. Uncover; cook until chicken is tender, about 10 minutes more, stirring occasionally.
3. Remove and shred chicken, discarding skin and bones.
Stir shredded chicken into stew. If using, serve over couscous and top with parsley, almonds, and/or lemon wedges. **Makes 4 servings.**

PER SERVING *418 cal, 11 g fat (4 g sat fat), 90 mg chol, 1,317 mg sodium, 48 g carb, 11 g fiber, 19 g sugars, 34 g pro.*

Corn and Potato Stew with Cornmeal Dumplings

PICTURED ON ***P. 35***
HANDS ON 15 min.
TOTAL TIME 40 min.

2	**12-oz. pkg. frozen whole kernel corn**
2	**cups vegetable or chicken broth**
1	**lb. Yukon gold potatoes, peeled and cut into ½-inch pieces**
1	**13.5-oz. can unsweetened coconut milk or 1¼ cups whole milk**
½	**cup chopped roasted red bell pepper**
1	**to 2 fresh jalapeño peppers, seeded and finely chopped (tip, *p. 25*)**
¾	**tsp. kosher salt**
¼	**tsp. black pepper**
½	**cup all-purpose flour**
⅓	**cup cornmeal**
¼	**cup crumbled Cotija or feta cheese**
1	**tsp. baking powder**
½	**tsp. ground cumin**
1	**egg, lightly beaten**
2	**Tbsp. olive oil**
¼	**cup chopped fresh cilantro or basil**
	Sliced radishes and/or lime wedges (optional)

1. In a blender or food processor blend half the corn and half the broth until nearly smooth. (Mixture will be thick.) Transfer to a 4- to 5-qt. Dutch oven; add remaining broth and the potatoes. Bring to boiling; reduce heat. Simmer, covered, 15 minutes, stirring occasionally. Reserve 2 Tbsp. of the coconut milk. Stir remaining coconut milk and corn, the bell pepper, jalapeño, ½ tsp. of the salt, and the black pepper into broth mixture. Return to boiling; reduce heat to a simmer.
2. Meanwhile, for dumplings, in a medium bowl stir together flour, cornmeal, cheese, baking powder, cumin, remaining ¼ tsp. salt, and a pinch of additional black pepper. In a small bowl combine egg, reserved 2 Tbsp. coconut milk, the olive oil, and 2 Tbsp. of the cilantro. Add to flour mixture; stir with a fork just until combined. Drop dumpling mixture in eight mounds on top of simmering stew. Cook, covered, 10 to 12 minutes more or until a toothpick inserted into a dumpling comes out clean. (Do not lift lid.) Top stew with remaining cilantro and, if using, radishes and/or lime wedges. **Makes 4 servings.**

PER SERVING *602 cal, 28 g fat (17 g sat fat), 54 mg chol, 713 mg sodium, 78 g carb, 7 g fiber, 8 g sugars, 13 g pro.*

[CHANGE IT UP]

STEW SWAPS

Easily adapt our hearty stew recipes to satisfy your family's preferences or to use what you have on hand. A few tips:

VEGETABLES

Substitute veggies of similar textures so cooking time stays the same.

Russet potatoes sub any variety of potato or winter squash, peeled and cut up

Carrots sub parsnips, turnips, celery, green beans, or cored and chopped fennel

Peas sub corn or any type of cooked dried beans (black-eyed peas, pinto, black, chickpeas)

Bell peppers sub poblanos

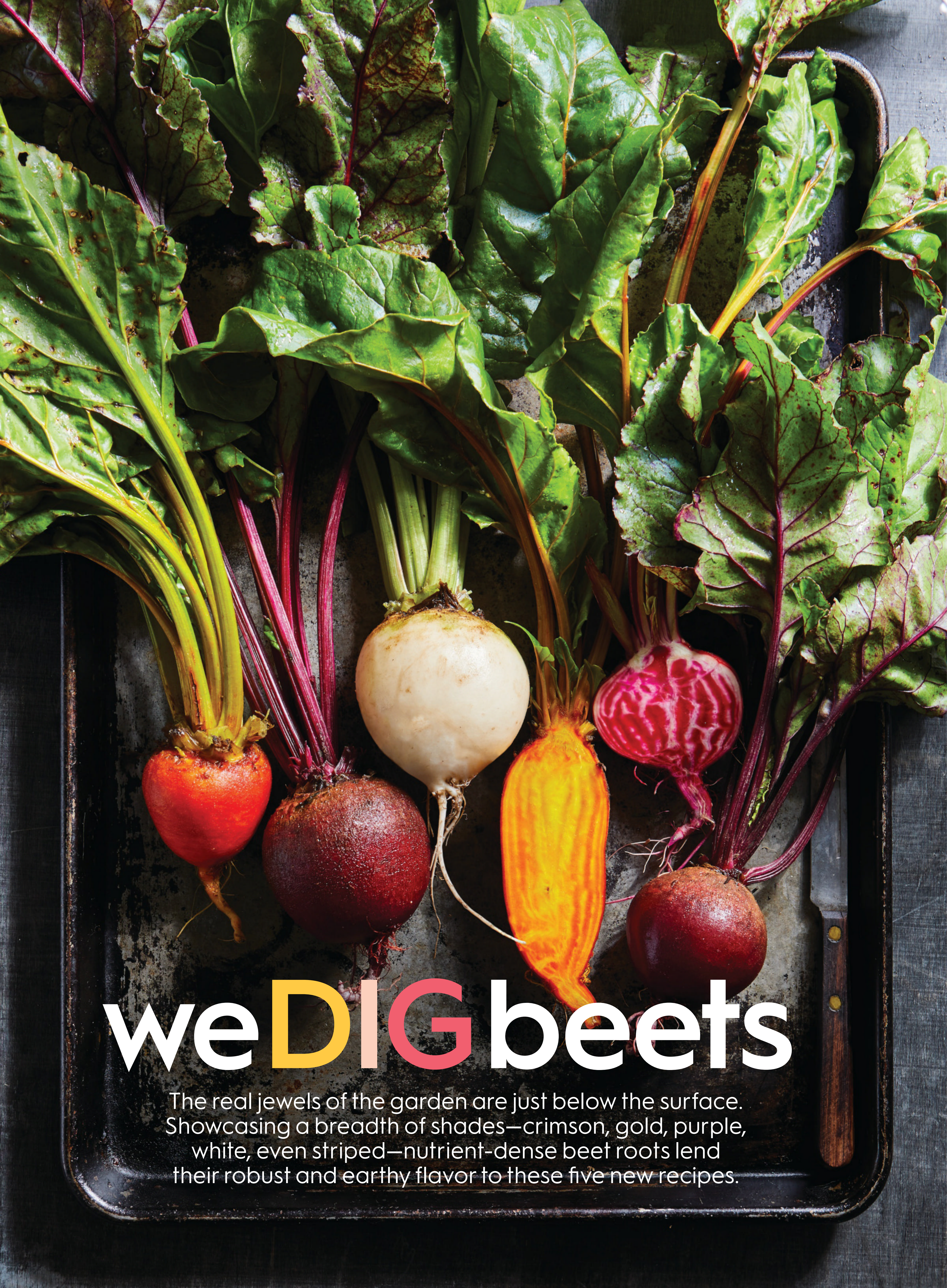
Cauliflower sub broccoli, summer squash, or zucchini

Onions sub leeks

MEAT

Pork shoulder sub beef or lamb stew meat or cut-up beef chuck roast

Chicken thighs and whole meaty chicken pieces result in the best flavor.
If you sub breasts for thighs, follow these timings:
Bone-in breast half 35 min.
Boneless half 15 min.
Cut-up breast pieces 8 to 10 min.



weDIGbeets

The real jewels of the garden are just below the surface. Showcasing a breadth of shades—crimson, gold, purple, white, even striped—nutrient-dense beet roots lend their robust and earthy flavor to these five new recipes.

BEET AND ONION JAM GALETTE, *P. 43*

Creamy garlic-herb cheese and sweet onion jam balance the flavors perfectly in this savory beet galette.

Roasted Beet-Citrus Sorghum Bowls

HANDS ON 25 min.
TOTAL TIME 1 hr. 25 min.

5	**to 6 small beets, any variety (1 lb. total)**
3	**Tbsp. olive oil**
	Salt and black pepper
2	**Tbsp. water**
2	**garlic cloves, smashed**
1	**fresh thyme sprig**
1	**cup uncooked whole grain sorghum**
1	**15-oz. can chickpeas, rinsed and drained**
1	**lemon, zest and juice**
1	**orange**
¼	**cup mayonnaise**
¼	**cup sour cream**
3	**oz. feta cheese, crumbled**
2	**cups baby arugula**
1¼	**cups halved and sliced English cucumber**
1	**avocado, peeled, pitted, and quartered**

1. Preheat oven to 375°F. Place beets in a 3-qt. rectangular baking dish. Drizzle with 1 Tbsp. of the oil; sprinkle lightly with salt and pepper. Add the water, garlic, and thyme sprig. Bake, covered, until beets can be pierced easily with a knife, 45 to 50 minutes; cool. Using a paper towel, rub skins off beets. Cut beets into wedges. Toss with 1 Tbsp. of the oil, ¼ tsp. salt, and ⅛ tsp. pepper.

2. Meanwhile, prepare sorghum according to package directions.

3. While beets and sorghum cook, in a medium bowl combine chickpeas with the remaining 1 Tbsp. oil and a pinch of salt. Add the lemon zest and juice. Zest the orange, then add zest to chickpeas. Peel then section orange over bowl to catch any juice.

4. For dressing, in a blender combine mayonnaise, sour cream, and feta; blend until smooth.

5. Divide sorghum among four bowls; top with roasted beets, orange sections, chickpeas, arugula, cucumber, and avocado. Pour any remaining citrus juices over top. If you like, sprinkle with additional pepper. Top with dressing. **Makes 4 servings.**

PER SERVING *616 cal, 36 g fat (8 g sat fat), 32 mg chol, 1,102 mg sodium, 66 g carb, 13 g fiber, 13 g sugars, 15 g pro.*

ROASTED BEET-CITRUS SORGHUM BOWLS

Any grain—farro, quinoa, wheat berries, or even brown rice—works equally well as the hearty anchor in this one-dish meal.

MARINATED BEET NOODLES WITH TAHINI YOGURT

If you don't have a spiralizer, cut beets into matchsticks or thin strips.

Marinated Beet Noodles with Tahini Yogurt

START TO FINISH 30 min.

2	**small or 1 large Fresno pepper, finely chopped (tip, *p. 25*)**
1	**medium shallot, finely chopped**
2	**Tbsp. olive oil**
3	**Tbsp. fresh lemon juice**
½	**tsp. salt**
4	**medium or 2 large red and/or golden beets, spiralized and cut into 2- to 3-inch lengths (3 cups)**
⅓	**cup plain yogurt**
¼	**cup tahini**
⅓	**cup goat cheese or feta cheese, crumbled (optional)**
½	**cup pomegranate arils**
⅓	**cup chopped pistachios**
⅓	**cup chopped fresh mint**
¼	**cup chopped fresh parsley**

1. For marinade, in a large bowl combine pepper, shallot, olive oil, 2 Tbsp. of the lemon juice, and the salt. (If using different color beets, divide marinade into one bowl for each color.) Add beets to marinade; stir to coat. Let stand at least 10 minutes, stirring occasionally.

2. Meanwhile, in a blender or mini food processor combine yogurt, tahini, and remaining 1 Tbsp. lemon juice. Cover; blend until fluffy.

3. To serve, spread tahini mixture on a large platter using the back of a spoon to create a swoosh. Lift beets out of marinade, allowing excess to drip back into the bowl. Place beets on tahini mixture. Sprinkle on cheese (if using), pomegranate arils, pistachios, mint, and parsley. Drizzle with any beet marinade in the bowl. **Makes 4 servings.**

PER SERVING *335 cal, 23 g fat (5 g sat fat), 10 mg chol, 439 mg sodium, 25 g carb, 7 g fiber, 13 g sugars, 11 g pro.*

Beet and Onion Jam Galette

PICTURED ON *P. 41*
HANDS ON 25 min.
TOTAL TIME 1 hr. 40 min.

½	**cup walnut pieces**
1½	**cups all-purpose flour**
½	**tsp. salt**
½	**cup cold unsalted butter, cut into pieces (1 stick)**
2	**Tbsp. sour cream**
1	**to 2 Tbsp. ice water**
½	**cup plus 1 Tbsp. onion jam**
1	**5.3-oz. pkg. semisoft cheese with garlic and fine herbs (such as Boursin)**
1	**Tbsp. chopped fresh thyme**
1	**lb. red beets, trimmed, halved if large, peeled, and sliced ⅛ inch thick**
1	**Tbsp. olive oil**
	Black pepper
	Chopped walnuts, toasted

1. In a food processor pulse walnut pieces until very finely chopped. Add flour and salt; pulse to combine. Add butter; pulse until mixture resembles coarse crumbs. Add sour cream and 1 Tbsp. ice water; pulse until mixture begins to come together, adding an additional 1 Tbsp. ice water if needed. Transfer to a bowl. Knead dough gently until it comes together. Wrap pastry in plastic wrap, flattening into a disk. Chill 30 minutes.

2. Preheat oven to 375°F. Line a baking sheet with parchment paper.

3. On a lightly floured surface, roll out pastry to a 12-inch round. Transfer to prepared baking sheet. Spread ½ cup of the onion jam over pastry, leaving a 2-inch-wide border. Spoon small mounds of cheese over jam. Sprinkle with thyme. Layer the beets on top, overlapping as necessary. Fold and pleat pastry edge over beets. Drizzle beets and pastry with oil; sprinkle with additional salt and pepper.

4. Place a foil-lined shallow baking sheet on oven rack below galette. Bake until pastry is golden brown, juices are bubbling, and beets are tender, 45 to 50 minutes. Brush with remaining 1 Tbsp. jam. Cool on baking sheet on a wire rack 30 minutes. Top with walnuts and additional fresh thyme. **Makes 8 servings.**

PER SERVING *423 cal, 28 g fat (14 g sat fat), 52 mg chol, 300 mg sodium, 38 g carb, 3 g fiber, 13 g sugars, 6 g pro.*

“Heartbeet” Coolers

START TO FINISH 15 min.

1	**medium red beet, scrubbed and cubed (1 cup)**
1	**1-inch piece fresh ginger, peeled and cut up**
¾	**cup fresh lime juice (about 6 limes)**
1	**32-oz. bottle Fuji apple juice (such as Red Jacket Orchards) or other unfiltered, unsweetened apple juice**
	Lime slices
	Thinly sliced Chioggia beet (optional)

1. In a blender combine cubed beet, ginger, and lime juice. Cover and blend until smooth, adding a little water, if necessary. Pour through a fine-mesh sieve. (You should have about 1 cup juice.) Discard pulp.

2. In a large pitcher stir together beet mixture and apple juice. Serve over ice and garnish with lime and, if you like, beet slices. **Makes 6 servings.**

PER SERVING *85 cal, 0 g fat, 0 mg chol, 14 mg sodium, 22 g carb, 1 g fiber, 16 g sugars, 1 g pro.*

Pink drink full of antioxidants? Count us in! To make this refreshing sipper, blend one beet with fresh ginger and lime juice. You can even freeze the beet puree in ice cube trays for up to 3 months.

BEET SEASONINGS
Beet flavor varies by variety. The darker the beet, the stronger the flavor. For red beets, use steak seasoning, five-spice powder, or caraway seeds. For golden beets, use curry powder, sesame seeds, or ½ tsp. ground chipotle chile pepper.

Roasted Beet Chips

HANDS ON 15 min. **TOTAL TIME** 1 hr. 5 min.

3	**medium red, golden, and/or white beets (1 lb. total), trimmed and, if desired, peeled**
1	**Tbsp. vegetable oil**
1	**tsp. desired seasoning (tip, *above*)**
½	**tsp. salt**

1. Preheat oven to 300°F. Line two large baking sheets with parchment paper. Use a mandoline to slice beets 1⁄16 inch thick. Layer slices between paper towels; press firmly to remove excess liquid. Toss beets with oil, desired seasoning, and salt. (Keep different color beets in separate bowls to avoid discoloration.)

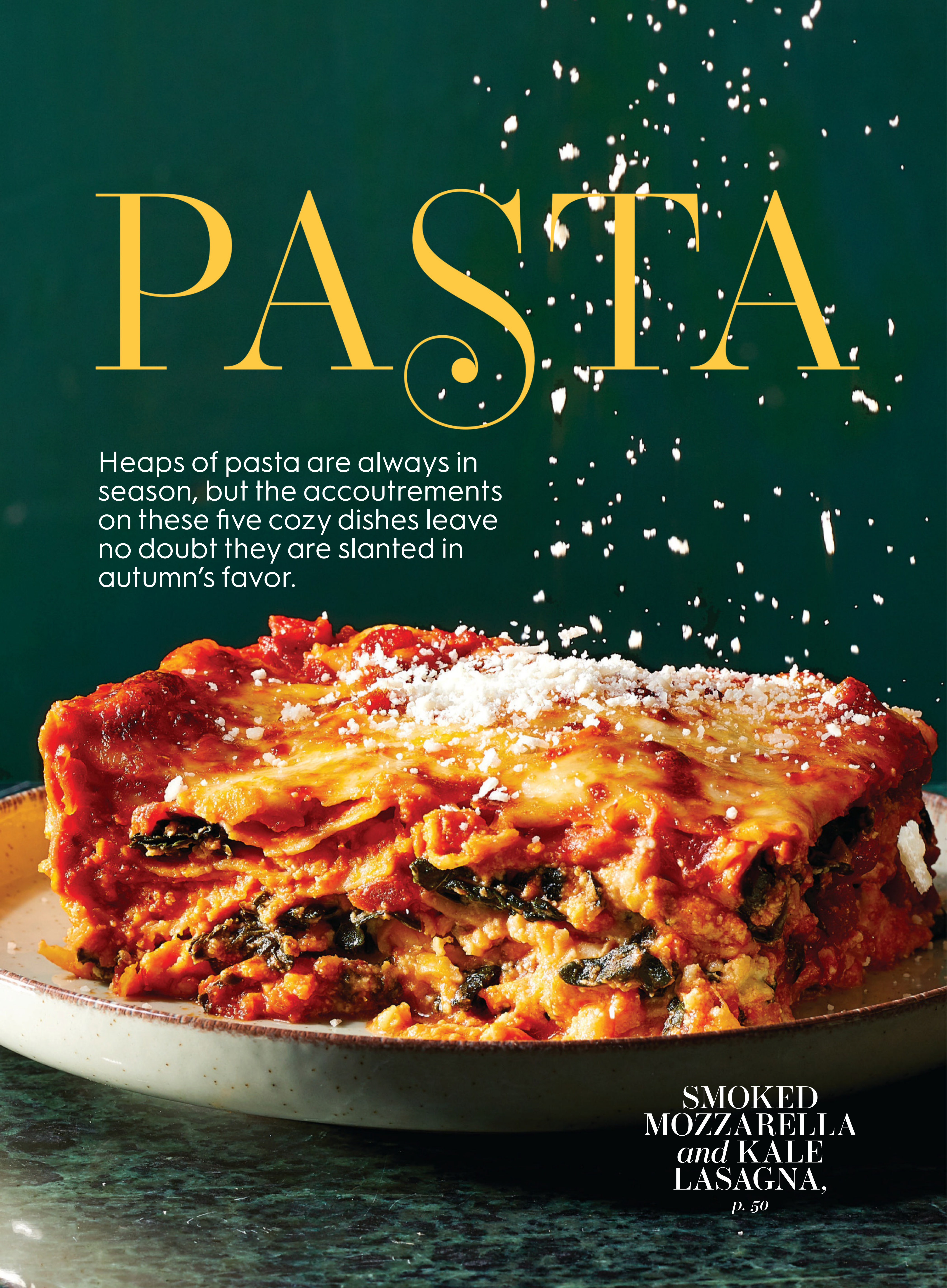
2. Arrange beet slices in a single layer on prepared baking sheets. Bake about 50 minutes, removing chips as they crisp. Let cool on paper towels. **Makes 8 servings.**

AIR FRYER The air fryer is best suited for small batches of chips, so halve the recipe if using. Preheat air fryer to 325°F. Coat air-fryer basket with nonstick cooking spray. Place a layer of beets in basket, slightly overlapping. Cook until crisp, about 20 minutes. Transfer chips to paper towels to cool. Repeat in batches.

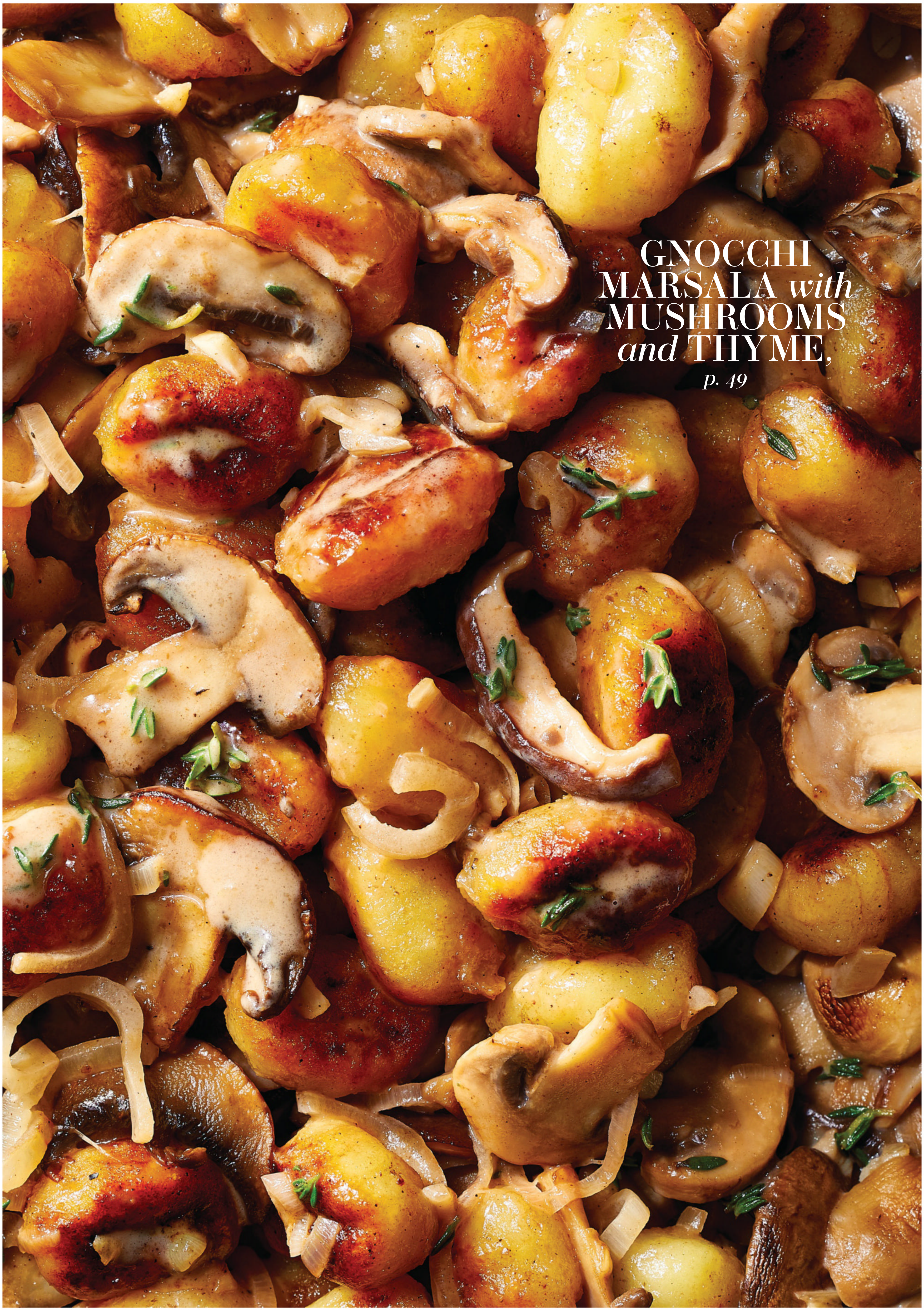
PER SERVING *31 cal, 2 g fat (0 g sat fat), 0 mg chol, 175 mg sodium, 4 g carb, 1 g fiber, 3 g sugars, 1 g pro.*

PASTA

Heaps of pasta are always in season, but the accoutrements on these five cozy dishes leave no doubt they are slanted in autumn's favor.



SMOKED MOZZARELLA *and* KALE LASAGNA,
p. 50



GNOCCHI MARSALA *with* MUSHROOMS *and* THYME,

p. 49

RECIPES: LARAINE PERRI

BUTTERNUT RAVIOLI *with* BROWN BUTTER *and* SAGE

MAKE AHEAD
Arrange uncooked ravioli (without touching) on a parchment-lined baking sheet. Freeze ravioli 1 hour or until firm. Transfer to an airtight container or resealable plastic freezer bag and freeze up to 3 months. To prepare, add frozen ravioli to simmering water and cook until ravioli float, about 8 minutes.

Butternut Ravioli with Brown Butter and Sage

HANDS ON 30 min. **TOTAL TIME** 1 hr. 15 min.

2	**cups 1-inch cubes butternut squash**
2	**garlic cloves, skin on, lightly crushed**
2	**Tbsp. olive oil**
	Kosher salt
1	**egg, separated**
¼	**cup freshly grated Parmigiano-Reggiano cheese**
2	**Tbsp. fine dry breadcrumbs**
1	**Tbsp. pure maple syrup**
	Freshly ground black pepper
	Freshly grated nutmeg
18	**refrigerated wonton wrappers (thawed, if frozen)**
4	**Tbsp. unsalted butter**
12	**to 16 small fresh sage leaves, patted dry**
4	**tsp. dry sherry**

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper. Add squash and garlic. Drizzle with oil; toss to coat. Spread in a single layer. Season generously with salt. Cover pan tightly with foil. Roast 10 minutes; uncover pan. Roast 10 minutes more; turn squash. Roast until squash is very tender, about 10 minutes more. Cool completely; discard garlic.

2. In a small food processor combine squash and 1 Tbsp. *water*. Process until smooth, adding an additional 1 Tbsp. water if needed. (You should get about 1 cup puree.) Add egg yolk (reserve the white), Parmigiano-Reggiano, breadcrumbs, maple syrup, ½ tsp. salt, a grind of pepper, and a grating of nutmeg. Process until combined. Transfer filling to a small bowl.

3. In a medium bowl lightly beat reserved egg white. Bring a large pot of salted water to boiling. Place a sheet of parchment paper on a work surface.

4. Arrange four wonton wrappers on parchment (photos, *below*). Spoon a scant Tbsp. filling slightly off-center on each wrapper. Brush egg white along the two edges closest to filling. (Avoid getting egg white on filling.) Fold unfilled side of wrapper over filled side, pressing all around filling and along edges of wrapper to seal. Transfer to a parchment-lined baking sheet. Repeat with remaining wrappers and filling.

5. Reduce heat under boiling water to a gentle simmer. Add six ravioli at a time to simmering water, using a slotted spoon to keep them separate. Cook ravioli until they float, about 4 minutes. Use a slotted spoon to transfer cooked ravioli to an oiled baking sheet; cover and keep warm.

6. While ravioli are cooking, in a small skillet melt butter over medium. Cook, swirling butter in pan, until it begins to foam and turns golden. Add sage leaves; cook, stirring, until crisp, 1 to 2 minutes. (Don't let the butter get too dark.) Use a slotted spoon to transfer sage leaves to paper towels. Remove pan from heat; add sherry, swirling pan to combine. Season to taste with salt and pepper.

7. Divide ravioli among plates. Drizzle with butter mixture and top with crisped sage. **Makes 6 servings.**

PER SERVING *249 cal, 15 g fat (6 g sat fat), 56 mg chol, 323 mg sodium, 24 g carb, 2 g fiber, 3 g sugars, 5 g pro.*

Gnocchi Marsala with Mushrooms and Thyme

PICTURED ON *P. 47*

START TO FINISH 40 min.

2	**Tbsp. olive oil**
1	**16- to 18-oz. pkg. shelf-stable gnocchi**
2	**Tbsp. unsalted butter**
1	**lb. fresh mushrooms, such as cremini and shiitake (stemmed), sliced**
1	**large shallot, halved and thinly sliced**
	Kosher salt
1	**Tbsp. minced garlic**
½	**cup chicken stock or broth**
¼	**cup dry Marsala wine**
¼	**cup heavy cream**
2	**tsp. chopped fresh thyme**
	Freshly ground black pepper

1. In an extra-large nonstick skillet heat 1 Tbsp. of the oil over medium-high. Add gnocchi; cover and cook until seared, 3 to 4 minutes. Uncover. Add butter; cook and stir 2 minutes more. Using a slotted spoon, transfer gnocchi to a dish; keep warm.

2. Add mushrooms, shallot, and a generous pinch of salt to skillet. Cook and stir over medium until mushrooms release their liquid, about 8 minutes. Continue cooking until tender and lightly browned, about 10 minutes more. Push mushroom mixture away from center of skillet; add remaining 1 Tbsp. oil and the garlic. Cook and stir just until fragrant, about 1 minute. Toss with mushrooms.

3. Add stock and Marsala to skillet; bring to a boil. Simmer until reduced slightly, about 3 minutes. Stir in cream and thyme; bring to a simmer. Return gnocchi to skillet; toss to coat and heat through. Season to taste with pepper. **Makes 4 servings.**

PER SERVING *435 cal, 19 g fat (8 g sat fat), 32 mg chol, 505 mg sodium, 57 g carb, 3 g fiber, 5 g sugars, 10 g pro.*

HOW TO FOLD AND FORM

It may not be the authentic way to make ravioli, but this shortcut technique of using wonton wrappers is a slick swap.

PURCHASE

Most supermarkets stock wonton wrappers in the refrigerated area of the produce section. While there are vegan options, the texture of wrappers containing egg is more like that of fresh pasta.

STUFF

For efficiency, lay out and fill four wrappers at a time, keeping the remaining wrappers covered to prevent drying out. Place filling slightly off-center for easy folding. Resist the urge to overfill.

SEAL

Brush the reserved egg white on the two sides of the wrapper nearest the filling. Fold the wrapper over the filling and press lightly on edges and around filling to seal.

ORECCHIETTE *with* BRUSSELS

Smoked Mozzarella and Kale Lasagna

PICTURED ON *P. 46* // HANDS ON 25 min. **TOTAL TIME** 1 hr. 30 min.

¼	**cup olive oil**
8	**garlic cloves, finely chopped**
½	**tsp. dried oregano, crushed**
¼	**tsp. crushed red pepper**
2	**Tbsp. dry white wine**
1	**28-oz. can petite-diced tomatoes, drained**
1	**28-oz. can tomato puree**
1½	**tsp. kosher salt**
½	**tsp. sugar**
	Freshly ground black pepper
3	**Tbsp. heavy cream**
12	**oz. Tuscan kale, stems removed, coarsely chopped**
1	**large egg**
1	**tsp. lemon zest**
1	**15-oz. container whole milk ricotta**
4	**oz. Parmigiano-Reggiano cheese, freshly grated (1 cup)**
8	**oz. smoked mozzarella cheese, shredded (2 cups)**
8	**oz. mozzarella cheese, shredded (2 cups)**
12	**no-boil lasagna noodles**
	Nonstick cooking spray

1. For marinara, in a 4- to 5-qt. Dutch oven heat oil and garlic over medium. Cook garlic gently until fragrant but not colored, 3 to 4 minutes. Add oregano and crushed red pepper; cook and stir 1 minute. Add wine; increase heat to medium-high. Cook and stir 1 minute. Add diced tomatoes, tomato puree, ½ tsp. of the salt, the sugar, and black pepper to taste. Bring to a boil; reduce heat. Simmer 5 minutes to blend flavors. Stir in cream; cook 2 minutes more.

2. For ricotta filling, bring a large pot of lightly salted water to a boil. Add kale; cook until tender, 5 to 7 minutes. Drain well and spread in a single layer on a large, paper towel-lined baking sheet. Blot with several layers of paper towels to remove excess moisture.

3. In a medium bowl whisk together egg, lemon zest, remaining 1 tsp. salt, and additional black pepper to taste. Stir in ricotta, Parmigiano-Reggiano, and kale. In a separate bowl toss the mozzarellas together to combine.

4. Preheat oven to 375°F. Spread ¼ cup marinara over the bottom of a 3-qt. rectangular baking dish. Arrange three lasagna noodles over marinara, leaving a bit of space between them. Divide one-third of the ricotta filling among noodles, spreading to cover noodles. Sprinkle 1 cup of the mozzarellas evenly over ricotta filling. Top with 1 cup marinara. Repeat layers two more times. For the final layer, add the last three noodles on top; cover completely with the remaining sauce.

5. Spray a large sheet of foil with nonstick cooking spray. Place foil, sprayed side down, over baking dish and cover tightly. Bake 15 minutes. Remove foil; sprinkle remaining mozzarella over top. Bake until lasagna is browned and bubbling at edges, 25 to 30 minutes more. Let stand at least 10 minutes before serving. Sprinkle with additional Parmigiano-Reggiano. **Makes 10 servings.**

PER SERVING *444 cal, 26 g fat (13 g sat fat), 102 mg chol, 817 mg sodium, 31 g carb, 3 g fiber, 5 g sugars, 23 g pro.*

Orecchiette with Brussels

HANDS ON 25 min.
TOTAL TIME 40 min.

1	**lb. small to medium Brussels sprouts, trimmed and halved**
2	**Tbsp. olive oil**
½	**tsp. kosher salt**
¼	**tsp. black pepper**
3	**oz. diced pancetta**
2	**tsp. minced garlic**
12	**oz. dried orecchiette**
4	**oz. Gorgonzola dolce (tip, *opposite*), at room temperature**
¼	**cup freshly grated Parmigiano-Reggiano cheese**
2	**Tbsp. unsalted butter**
¼	**cup chopped toasted hazelnuts (tip, *opposite*)**

1. Preheat oven to 425°F. On a large rimmed baking sheet toss Brussels sprouts with oil. Arrange sprouts, cut sides down, on baking sheet; season with salt and pepper. Sprinkle pancetta around sprouts. Roast until sprouts are just tender and nicely browned, 15 to 18 minutes. Add garlic immediately and toss to combine.

2. While sprouts are roasting, cook orecchiette according to package directions. Drain, reserving ½ cup of the pasta cooking water.

3. Add Gorgonzola and ¼ cup of the pasta water to pasta pot. Heat over medium-low, stirring until cheese melts and bubbles. Whisk in Parmigiano-Reggiano.

4. Add drained pasta to Gorgonzola mixture; toss to coat. Add Brussels sprouts mixture to pot; stir until heated through and combined. Add butter; stir until melted. If needed, stir in the remaining ¼ cup pasta water to make creamy. Top servings with hazelnuts. **Makes 4 servings.**

PER SERVING *705 cal, 35 g fat (13 g sat fat), 47 mg chol, 760 mg sodium, 76 g carb, 8 g fiber, 6 g sugars, 28 g pro.*

Linguine with Parsley Pesto

START TO FINISH 25 min.

- **12 oz. dried linguine or bucatini**
- **1 cup lightly packed fresh flat-leaf parsley**
- **⅓ cup salted roasted almonds**
- **2 Tbsp. capers, rinsed and drained**
- **1 garlic clove, minced**
- **⅔ cup extra virgin olive oil**
- **¼ cup freshly grated Pecorino Romano cheese**
- **Kosher salt**

1. Cook linguine according to package directions until just past al dente.

2. While pasta is cooking, in a small food processor combine parsley, almonds, capers, and garlic. Process until just combined. With processor running, add oil in a slow stream, stopping once or twice to scrape down sides. Transfer pesto to a large serving bowl. Stir in Pecorino Romano and season lightly with salt.

3. Drain pasta, reserving ½ cup of the pasta cooking water. Stir ¼ cup of the pasta water into pesto mixture to loosen. Transfer the drained pasta to bowl with pesto mixture and toss well to combine, adding additional pasta water as needed to coat pasta well. If you like, sprinkle servings with additional Pecorino Romano. **Makes 4 servings.**

PER SERVING *725 cal, 46 g fat (7 g sat fat), 8 mg chol, 314 mg sodium, 67 g carb, 5 g fiber, 4 g sugars, 16 g pro.*

GORGONZOLA

There are two kinds of Gorgonzola: dolce and piccante. Dolce is aged for a shorter time, so it's sweeter and creamier than piccante varieties.

TOASTING HAZELNUTS

Spread whole nuts in a shallow pan and bake in a 350°F oven until golden and fragrant, 10 to 15 minutes. Wrap nuts in a clean dish towel; let steam a few minutes, then roll around in the towel to remove skins. Coarsely chop.

JUST CHILI OUT

Few meals stoke more regional pride and debate as chili. The OG Texas version was crafted for carnivores (beans need not apply). Cincinnati-style is heavily spiced and served over piping-hot spaghetti. Certain Midwesterners plate their bowls of chili with ... a cinnamon roll? You betcha! There are so many ways to spin the classic, including these five takes where the main tie that binds them is always chiles (both fresh and powdered).

RECIPES: EMILY PASTER

VEGGIE CHILI WITH PUMPKIN, P. 54

Veggie Chili with Pumpkin

PICTURED ON ***P. 53***
HANDS ON 20 min.
TOTAL TIME 55 min.

- **3 Tbsp. vegetable oil**
- **2 bell peppers (any color), chopped (2 cups)**
- **1 cup chopped yellow onion**
- **1 jalapeño pepper, seeded and finely chopped (tip, *p. 25*)**
- **3 garlic cloves, minced**
- **1 Tbsp. tomato paste**
- **1 Tbsp. chili powder**
- **1½ tsp. ground cumin**
- **1½ tsp. kosher salt**
- **1 tsp. smoked paprika**
- **½ tsp. ground cinnamon**
- **1 28-oz. can whole peeled tomatoes, undrained**
- **1 15-oz. can pumpkin**
- **¼ cup bourbon (optional)**
- **3 Tbsp. pure maple syrup**
- **1 15-oz. can pinto beans, rinsed and drained**
- **1 15-oz. can kidney beans, rinsed and drained**
- **2 Tbsp. unsweetened cocoa powder**
- **Toppers, such as chopped green onions, chopped avocado, chopped fresh cilantro, and/or sour cream**

1. In a 6-qt. Dutch oven heat oil over medium. Add bell peppers, onion, and jalapeño; cook until tender, about 8 minutes.

2. Add garlic, tomato paste, chili powder, cumin, salt, smoked paprika, and cinnamon; cook and stir 1 minute.

3. Add tomatoes, crushing them with the back of a wooden spoon. Stir in pumpkin, bourbon (if using), and maple syrup. (If mixture seems too thick, add up to ½ cup water.) Bring to boiling; reduce heat. Simmer, uncovered, until thickened, about 15 minutes.

4. Stir in pinto and kidney beans. Cover and simmer until heated through, about 10 minutes. Stir in cocoa powder. Taste for seasoning before serving. Top servings with desired toppers. **Makes 6 servings.**

PER SERVING *264 cal, 9 g fat (1 g sat fat), 0 mg chol, 654 mg sodium, 42 g carb, 8 g fiber, 14 g sugars, 9 g pro.*

Green Onion and Cheddar Corn Bread

HANDS ON 15 min. **TOTAL TIME** 55 min.

- **1 cup all-purpose flour**
- **¾ cup fine yellow cornmeal**
- **⅓ cup packed brown sugar**
- **1 tsp. fine sea salt**
- **1 tsp. baking powder**
- **½ tsp. baking soda**
- **1 cup buttermilk**
- **½ cup butter, melted and cooled slightly**
- **1 egg**
- **3 Tbsp. honey**
- **1½ cups shredded sharp cheddar cheese (6 oz.)**
- **1 cup sliced green onions**

1. Preheat oven to 400°F. Grease a 9x9-inch baking pan.

2. In a medium bowl whisk together flour, cornmeal, brown sugar, salt, baking powder, and baking soda. Make a well in the center.

3. In a small bowl whisk together buttermilk, melted butter, egg, and honey. Add to flour mixture. Gently stir together just until combined. (Do not overmix.)

4. Fold in 1 cup of the cheese and most of the green onions, reserving some of the darker green pieces. Spread batter in prepared pan. Sprinkle remaining ½ cup cheese and the reserved green onions on top.

5. Bake until edges of corn bread are golden brown and a toothpick inserted in the center comes out clean, 22 to 25 minutes. Cool in pan 15 minutes. Serve warm or at room temperature. (Corn bread is best on the day it is made, but it can be stored in an airtight container at room temperature up to 4 days.) **Makes 9 servings.**

PER SERVING *338 cal, 17 g fat (11 g sat fat), 66 mg chol, 635 mg sodium, 38 g carb, 2 g fiber, 16 g sugars, 8 g pro.*

GREEN ONION AND CHEDDAR CORN BREAD

PORK CHILE VERDE

Pork Chile Verde

HANDS ON 25 min. **TOTAL TIME** 3 hr. 20 min.

1	**lb. tomatillos, peeled and rinsed**
2	**Anaheim peppers**
2	**poblano peppers**
2	**jalapeño peppers (tip, *p. 25*)**
3	**Tbsp. vegetable oil**
2½	**lb. boneless pork shoulder, trimmed and cut into 1½-inch pieces**
1	**onion, chopped**
3	**garlic cloves, minced**
1	**tsp. ground cumin**
½	**tsp. ground coriander**
2	**tsp. kosher salt**
2	**limes**
¼	**cup chopped fresh cilantro (optional)**
	Hot cooked rice or warm corn tortillas
	Toppers, such as sour cream, chopped fresh cilantro, sliced avocado, and/or tortilla chips

1. Preheat broiler. Arrange tomatillos and all the peppers on a broiler pan or large baking sheet. Broil 4 to 5 inches from heat until blackened, about 15 minutes, turning once halfway through. Transfer Anaheim and poblano peppers to a heatproof bowl and cover. Let peppers steam 10 minutes. Remove and discard stems, seeds, and as much of the skins as possible. Remove stems and seeds from jalapeños. Place all the peppers and the tomatillos in a blender. Cover; blend until smooth. (Salsa verde can be covered and chilled up to 1 week.)

2. In a 6-qt. Dutch oven heat oil over medium-high until shimmering. Working in batches so the pan is not crowded, brown pork pieces, 2 minutes per side. Transfer pork to a plate.

3. Pour off all but 1 Tbsp. oil from Dutch oven. Add onion; cook until softened, about 5 minutes, scraping up any browned bits stuck to the bottom of pan. Add garlic, cumin, and coriander; cook and stir 1 minute.

4. Return pork and any accumulated juices to Dutch oven; sprinkle with salt. Pour salsa verde over pork and stir to combine. Bring to boiling; reduce heat. Cover and simmer until pork is fork-tender, 2½ to 3 hours. (If the liquid level begins to look low at any point, add up to ½ cup water.)

5. Meanwhile, squeeze 2 Tbsp. juice from one of the limes. Cut the remaining lime into wedges.

6. Stir lime juice and cilantro (if using) into chile verde. Serve chile verde over rice or with warm tortillas. Top servings with desired toppers. Serve with lime wedges. **Makes 4 servings.**

PER SERVING *598 cal, 32 g fat (9 g sat fat), 190 mg chol, 782 mg sodium, 19 g carb, 5 g fiber, 10 g sugars, 59 g pro.*

Real-Deal Cincinnati Chili

HANDS ON 15 min.
TOTAL TIME 2 hr. 15 min.

1	**lb. ground beef, preferably 80% lean**
1	**15-oz. can tomato sauce**
1	**cup beef broth**
1	**cup finely chopped white onion**
¼	**cup tomato paste**
3	**garlic cloves, minced**
1	**bay leaf**
1	**Tbsp. chili powder**
1	**Tbsp. paprika**
1	**Tbsp. red wine vinegar**
2	**tsp. kosher salt**
1½	**tsp. Worcestershire sauce**
1	**tsp. ground cumin**
½	**tsp. ground allspice**
½	**tsp. ground cinnamon**
½	**tsp. dried oregano**
¼	**tsp. ground cloves**
1	**Tbsp. unsweetened cocoa powder (optional)**
1	**lb. dried spaghetti, cooked according to pkg. directions**
2	**cups finely shredded cheddar cheese (8 oz.)**
1	**15-oz. can kidney beans, rinsed and drained (optional)**
	Oyster crackers (optional)

1. In a 4- to 6-qt. Dutch oven whisk together ground beef and 2½ cups cold *water* until meat is a uniform consistency. Bring to boiling.

2. Add the next 16 ingredients (through cloves); stir to combine. Return to boiling; reduce heat. Simmer, uncovered, stirring occasionally, until the texture is saucy but still thin, about 2 hours. Stir in cocoa powder (if using).

3. Serve chili over spaghetti; top with cheese and, if you like, kidney beans, oyster crackers, and/or additional chopped onion. **Makes 4 servings.**

PER SERVING *1,008 cal, 44 g fat (21 g sat fat), 131 mg chol, 1,809 mg sodium, 102 g carb, 9 g fiber, 11 g sugars, 50 g pro.*

Light and Bright Chicken Chili

HANDS ON 35 min. **TOTAL TIME** 55 min.

3	**Tbsp. vegetable oil**
2	**lb. boneless, skinless chicken thighs, cut into bite-size pieces (tip, *below right*)**
1	**onion, chopped**
1	**jalapeño pepper, seeded and finely chopped (tip, *p. 25*)**
3	**garlic cloves, minced**
1½	**tsp. chili powder**
1½	**tsp. kosher salt**
1	**tsp. ground cumin**
1	**tsp. ground coriander**
2	**15-oz. cans white beans, rinsed and drained**
2	**cups reduced-sodium chicken broth**
1	**4-oz. can diced green chiles**
1	**cup frozen whole kernel corn**
3	**limes**
	Toppers, such as sliced red onion, sliced jalapeños, shredded cheddar cheese, and/or corn chips

1. In a 6-qt. Dutch oven heat oil over medium-high until shimmering. Working in batches so the pan is not crowded, cook and stir to brown chicken pieces. Transfer chicken to a plate.

2. Reduce heat to medium. Add onion and jalapeño to Dutch oven; cook until softened, about 3 minutes, scraping up any browned bits stuck to bottom of pan. Add garlic, chili powder, salt, cumin, and coriander; cook and stir 1 minute.

3. Meanwhile, in a blender combine half of the beans and 1 cup of the chicken broth; cover and blend until smooth.

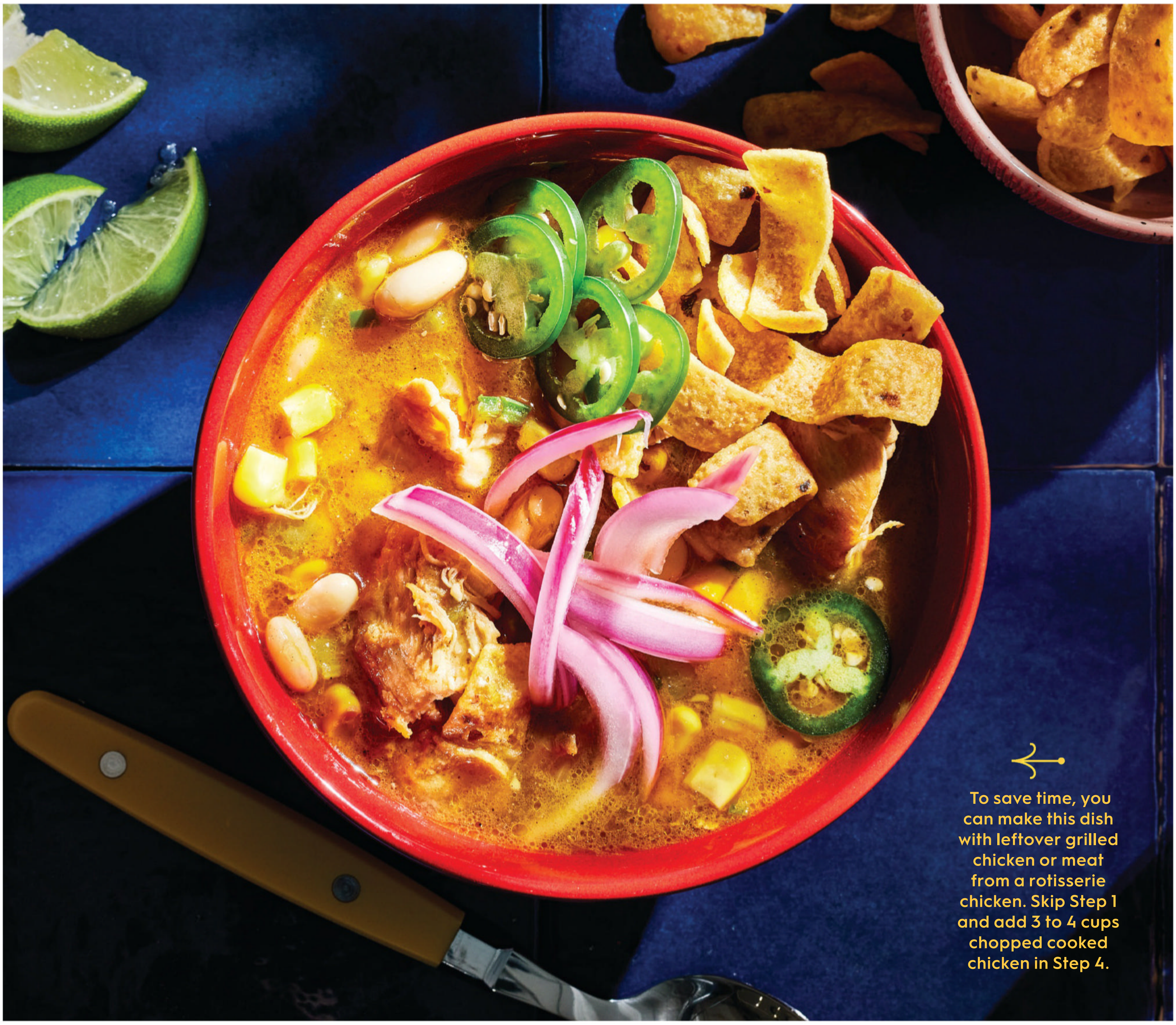
4. Return chicken and any accumulated juices to Dutch oven. Stir in the pureed bean mixture, remaining 1 cup broth, and the green chiles. Bring to boiling; reduce heat. Simmer, uncovered, until chicken is cooked through, about 10 minutes.

5. Stir in remaining beans and the corn. Simmer until heated through, about 10 minutes.

6. Meanwhile, squeeze 6 Tbsp. juice from two of the limes. Cut remaining lime into wedges.

7. Stir lime juice into chili. Top servings with desired toppers. Serve with lime wedges. **Makes 6 servings.**

PER SERVING *383 cal, 14 g fat (3 g sat fat), 142 mg chol, 973 mg sodium, 32 g carb, 7 g fiber, 5 g sugars, 40 g pro.*



To save time, you can make this dish with leftover grilled chicken or meat from a rotisserie chicken. Skip Step 1 and add 3 to 4 cups chopped cooked chicken in Step 4.

Here we call for large cinnamon rolls (the bigger the better!), but you can swap in a standard 8-roll (12.4-oz.) tube. Prepare as directed, reducing baking time to 18 to 20 minutes.

Cheater Cinnamon Rolls

HANDS ON 10 min.
TOTAL TIME 40 min.

1	**17.5-oz. tube refrigerated large cinnamon rolls with icing (5 rolls) (tip, *above*)**
½	**cup heavy cream**
¼	**cup salted butter, melted**
¼	**cup packed brown sugar**

1. Preheat oven to 350°F. Grease a 9-inch round baking pan. Arrange cinnamon rolls in prepared pan. Pour cream over rolls.
2. In a small bowl whisk together melted butter and brown sugar. Spoon mixture over cinnamon rolls.
3. Bake until almost all of the liquid has been absorbed and rolls are golden brown, 25 to 28 minutes. Cool in pan 5 minutes. Spread icing over rolls. Serve warm or at room temperature. **Makes 5 rolls.**

PER ROLL *506 cal, 25 g fat (14 g sat fat), 52 mg chol, 604 mg sodium, 68 g carb, 1 g fiber, 35 g sugars, 5 g pro.*

Just-Enough-Meat Chili

HANDS ON 15 min.
TOTAL TIME 1 hr.

8	**oz. fresh button mushrooms**
3	**Tbsp. vegetable oil or canola oil**
1	**cup chopped yellow onion**
2	**Tbsp. tomato paste**
1½	**Tbsp. chili powder**
3	**garlic cloves, minced**
1½	**tsp. kosher salt**
1	**tsp. ground cumin**
1	**tsp. dried oregano**
½	**tsp. paprika**
¼	**tsp. cayenne pepper**
8	**oz. ground beef**
1	**28-oz. can whole tomatoes, undrained**
½	**tsp. Worcestershire sauce**
1	**15-oz. can red beans, such as kidney or pinto, rinsed and drained**
	Toppers, such as sour cream, shredded cheddar cheese, chopped green onions, and/or chopped avocado

1. Using a food processor or sharp knife, finely chop mushrooms until they resemble the texture of ground meat, but do not allow them to form a paste.
2. In a 6-qt. Dutch oven heat oil over medium. Add onion and cook until translucent, about 5 minutes.
3. Add tomato paste, chili powder, garlic, salt, cumin, oregano, paprika, and cayenne pepper; cook and stir 1 minute.
4. Add ground beef and minced mushrooms; cook, breaking up meat, until beef is browned, 5 to 7 minutes.
5. Add tomatoes, crushing them with your hands or the back of a wooden spoon. Stir in Worcestershire sauce. Bring to boiling; reduce heat. Simmer, uncovered, until thickened, about 30 minutes. (If the mixture seems too thick, add up to ½ cup water. If it is not thick enough, simmer it a little longer.)
6. Stir in beans. Cover and simmer until heated through, about 10 minutes. Top servings with desired toppers. **Makes 4 servings.**

PER SERVING *437 cal, 26 g fat (7 g sat fat), 50 mg chol, 1,142 mg sodium, 32 g carb, 9 g fiber, 9 g sugars, 22 g pro.*

[LEARN ABOUT IT]

CHILI TALES

AMERICAN MADE

Most accounts claim Texas as the place of chili's origin, where women called Chili Queens sold it by the bowl from open-air booths in San Antonio. The dish made its national debut at the 1893 Chicago World's Fair and spread coast to coast from there.

ALL IN THE POWDER

Beginning in the 1890s, resourceful Texans began mixing and selling blends of dried chiles and spices for home use. Commercial chili powder today contains ground chile peppers (spicy or mild), oregano, cumin, and garlic. Don't confuse it with ground chile powders (chile with an *e*), which are 100% dried ground chile peppers.

IN THE POT

Texans agree beans have no place in "true chili" (also known as chili con carne), where beef is the hero of the original chile-sauced stew. But as the dish spread across the country, cooks "beefed up" their recipes with other add-ins. Beans and tomatoes were early additions, and now anything goes. Modern chili has any combo of ingredients as long as they're slow-simmered.

SWEET IDEA

In areas of the Midwest, cinnamon rolls are a favored side dish to chili. Some claim this pairing traces back to logging camps, where ladling chili over cinnamon rolls made a calorie bomb of a lunch that would power workers through the day. Public schools introduced the combo in the mid-20th century, perhaps using the cinnamon roll to entice kids to eat nutritious, low-cost chili. But do they actually taste good as a pairing? Some insist the roll is meant to be eaten only *after* the chili. We'll let you decide for yourself.

HOW TO Beat A SNACK ATTACK

IT'S 3 O'CLOCK AND YOUR TUMMY IS RUMBLING. LUCKILY YOU PACKED A HEARTY TRAIL-MIX TREAT.

Jammy OAT SQUARES

These crumble bars are just as wholesome as a PB&J sandwich: They're filled with jam, whole grain oats, and protein-rich nut butter.

Grease an 8-inch square pan; line with parchment paper. In a large bowl combine 1 cup **rolled oats;** 1 cup **trail mix,** finely chopped; 1 cup **all-purpose flour;** ½ cup **packed brown sugar;** and 1 tsp. **kosher salt.** In a small bowl combine ½ cup **melted butter,** ¼ cup **peanut butter** or **almond butter,** and 1 tsp. **vanilla.** Stir wet mixture into dry mixture. Reserve 1 cup and press remaining mixture into bottom of pan. Bake at 350°F 10 minutes. Meanwhile, combine reserved mixture with an additional ¼ cup rolled oats. Spread ¾ cup **strawberry jam** over partially baked crust. Top with oat mixture, squeezing into clumps. Return to oven; bake until jam is bubbling and topping is lightly golden, 20 to 25 minutes. Cool completely; cut into bars. **Makes 16 bars.**

PER BAR *245 cal, 11 g fat (5 g sat fat), 15 mg chol, 181 mg sodium, 33 g carb, 2 g fiber, 15 g sugars, 4 g pro.*

ILLUSTRATIONS: MOLLY JACQUES; RECIPES: DANIELLE CENTONI

CHEWY granola BITES

Almond butter and flaxseed offer up heart-healthy fats plus a punch of protein to power you through the rest of the day.

Grease a 13x9-inch baking pan; line with parchment paper. In a large bowl combine 2 cups **rolled oats;** 2 cups **trail mix,** roughly chopped; 1 cup **unsweetened shredded coconut;** and ⅓ cup **golden flaxseed meal.** In a medium bowl mix 1 cup **honey,** ¾ cup **unsalted almond butter,** 3 Tbsp. **avocado oil,** 1½ tsp. **vanilla,** and 1 tsp. **kosher salt** until fully combined. Stir wet mixture into dry mixture. Press into an even layer in pan. Bake at 350°F until golden, about 25 minutes. Cool; cut into 1-inch squares. **Makes 20 servings** (6 bites each).

PER SERVING *282 cal, 18 g fat (6 g sat fat), 0 mg chol, 16 mg sodium, 30 g carb, 6 g fiber, 18 g sugars, 6 g pro.*

IF YOU LIKE, MIX IN DARK CHOCOLATE CHIPS FOR AN EXTRA INDULGENCE.

PACK THESE IN A CONTAINER FOR YUM ON THE RUN.

Trail Mix ENERGY BALLS

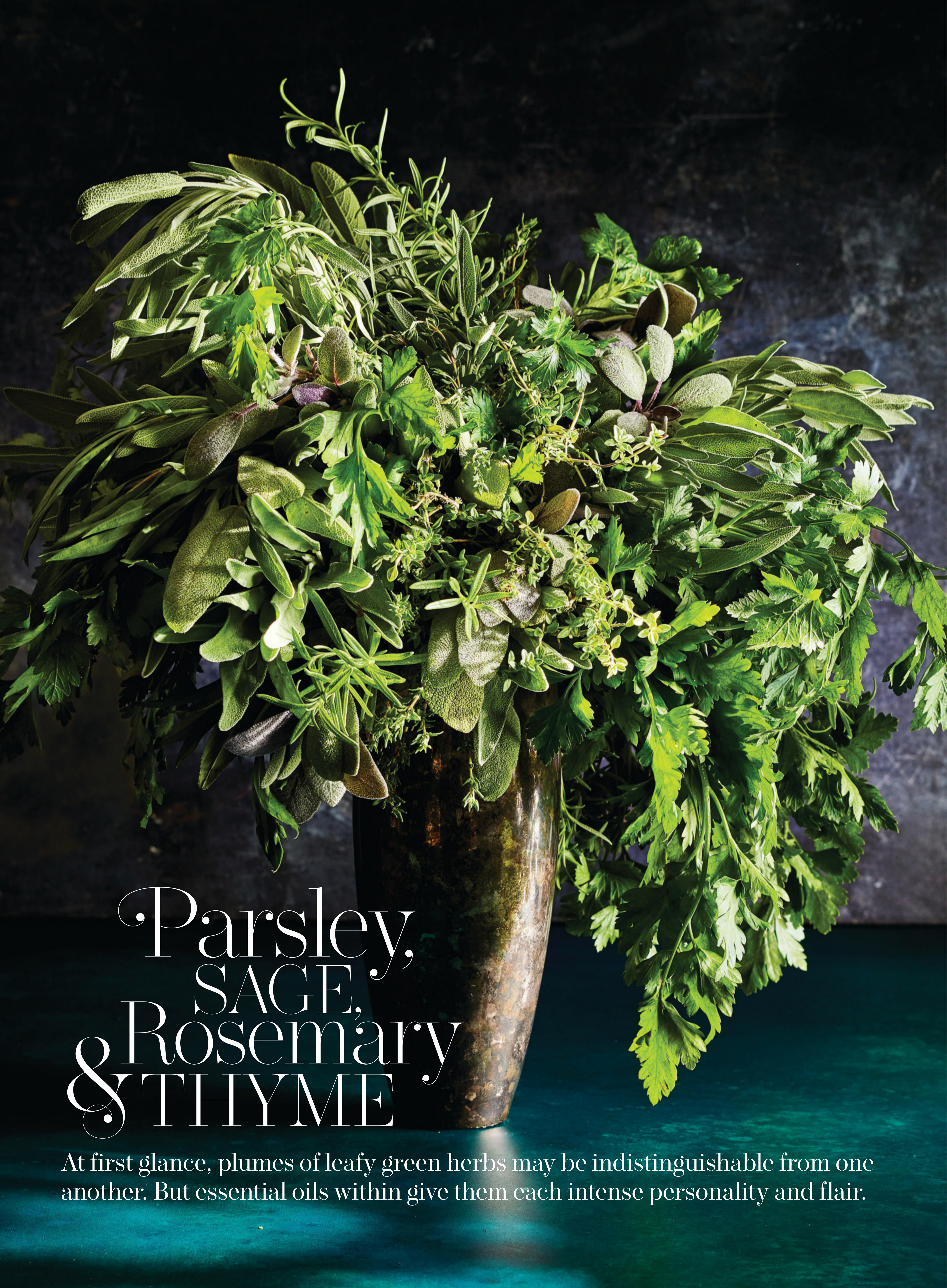
With all those energizing ingredients—oats, nut butter, and flax meal—these bites can stand in as a quick breakfast-on-the-go.

In a large bowl combine 1 cup **rolled oats;** 1 cup **trail mix,** large pieces roughly chopped; and, if you like, ¼ cup **golden flaxseed meal.** In a small bowl mix ⅔ cup **sweetened condensed milk,** ½ cup **peanut butter,** 1 tsp. **ground cinnamon,** and 1 tsp. **vanilla** until fully combined. Stir wet mixture into dry mixture. Roll into 1½-inch balls; chill until firm. **Makes 24 balls.**

PER BALL *105 cal, 6 g fat (1 g sat fat), 3 mg chol, 48 mg sodium, 11 g carb, 1 g fiber, 5 g sugars, 3 g pro.*

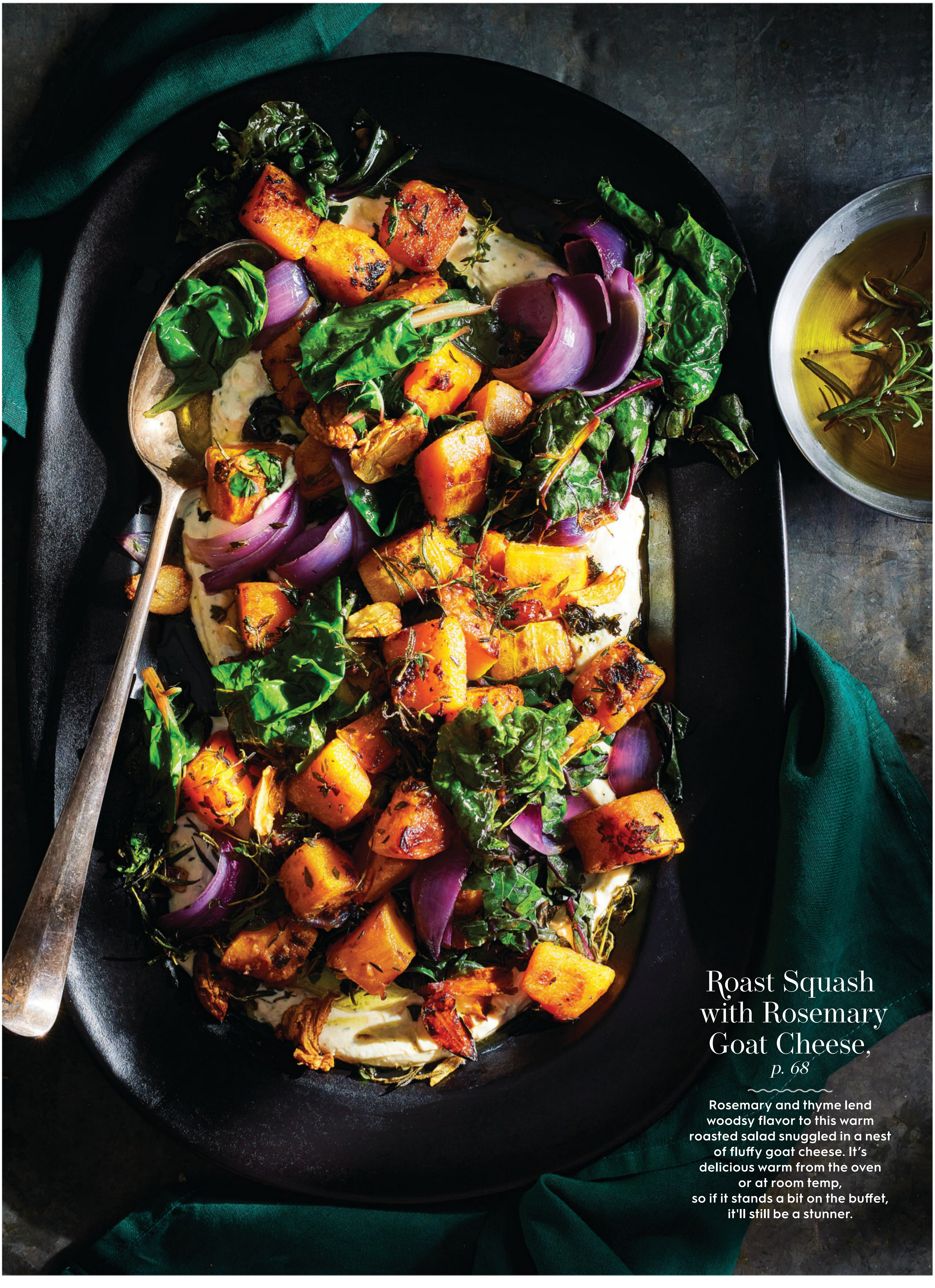
* THE RIGHT Mix

Look for a trail mix that has a higher ratio of nuts and seeds (for protein and healthy fats) with some dried fruit mixed in. While mixes with candy are tasty, they will increase the calories and added sugar.



Parsley, SAGE, Rosemary & THYME

At first glance, plumes of leafy green herbs may be indistinguishable from one another. But essential oils within give them each intense personality and flair.



Roast Squash with Rosemary Goat Cheese,

p. 68

Rosemary and thyme lend woodsy flavor to this warm roasted salad snuggled in a nest of fluffy goat cheese. It's delicious warm from the oven or at room temp, so if it stands a bit on the buffet, it'll still be a stunner.

RECIPES: DANIELLE CENTONI

Everything Green Herb Salad,

p. 70

No artistic skills required to arrange this dramatic green-on-green salad. Crunchy baby kale and romaine are the foundation for cucumbers, green grapes, and a handful of aromatic chopped herbs. A champagne vinaigrette is the finishing touch with bright—not heavy—flavor.

Sage and Chive Spoon Bread,

p. 70

Spoon bread is a Southern cornmeal dish that is something of a cross between bread, pudding, and soufflé. Like its name implies, it is scooped from the dish with a spoon.

Parsley-Sage Sausage Pilaf,

p. 71

This mix of wild rice, sausage, dried fruit, and herbs may claim to be a side dish, but it has enough heartiness cred to stand in as a main dish. Big chunks of buttery croissants give it an elevated look with hardly any additional effort.

Angel Biscuits with Chives and Parsley,

p. 71

Being buttery soft and light as a feather earned these biscuits their ethereal name. Customize them by baking one of two ways: Tuck them side-by-side into a cast-iron skillet for a softer-sided biscuit. Or space them out on a baking sheet for a crisper outside texture.

Double up on the herbal goodness with a slather of your choice of compound butters *(p. 71):* chive-parsley-dried tomato or walnut-rosemary-cherry.

Apple-Cranberry Tart with Rosemary Custard

HANDS ON 30 min. **TOTAL TIME** 2 hr. 50 min.

Crust

	Nonstick cooking spray
⅓	**cup pecans, toasted (tip, *opposite*)**
2	**tsp. chopped fresh rosemary**
1	**cup all-purpose flour**
⅓	**cup granulated sugar**
¼	**tsp. salt**
⅓	**cup cold unsalted butter, cut up**
1	**egg yolk**

Filling

2	**large sprigs fresh rosemary**
¾	**cup heavy cream**
3	**medium Granny Smith or other tart apples (1 lb.)**
½	**cup fresh or frozen (thawed) cranberries**
2	**large eggs**
½	**cup granulated sugar**
2	**Tbsp. all-purpose flour**
1	**Tbsp. orange-flavor liqueur**
1	**Tbsp. vanilla**
2	**Tbsp. sparkling decorating sugar or granulated sugar, for topping**
	Sugared Rosemary and Cranberries *(p. 70)* (optional)

1. For crust, coat a 9-inch tart pan with a removable bottom with cooking spray. Line bottom of pan with a 9-inch round piece of parchment paper.

2. In a food processor combine pecans and the chopped rosemary; pulse until pecans are finely chopped. Add flour, granulated sugar, and salt; pulse until combined. Add butter; pulse until mixture resembles coarse cornmeal. Add egg yolk; process until the dough starts to come together around the blade.

3. Press dough evenly over the bottom and up sides of the prepared tart pan, pressing deep along the edge of the pan to avoid a heavy bottom crust. Chill 30 minutes.

4. Meanwhile, for filling, bruise rosemary sprigs with the back of a knife. Place the rosemary and cream in a small saucepan. Heat over medium-high until steaming. Remove from heat; let steep 1 hour. Remove rosemary; discard.

5. Preheat oven to 350°F. Bake chilled crust until light golden brown, about 20 minutes.

6. Meanwhile, peel and core apples; cut into ½-inch-thick slices. Arrange slices, rounded edges up, in a circle in baked tart shell. Fill in center of the tart with additional slices (you may not use them all). Distribute cranberries among the apple slices.

7. In food processor process eggs and granulated sugar until well blended. Add flour, orange liqueur, vanilla, a pinch of salt, and the rosemary cream; pulse until smooth. Pour mixture over apples and cranberries. Sprinkle the top evenly with sparkling sugar. Bake until top of tart is deep golden brown, 50 minutes. Let stand at least 30 minutes before serving. If you like, garnish with Sugared Rosemary and Cranberries. **Makes 8 servings.**

PER SERVING *417 cal, 22 g fat (11 g sat fat), 115 mg chol, 118 mg sodium, 51 g carb, 2 g fiber, 34 g sugars, 5 g pro.*

Roast Squash with Rosemary Goat Cheese

PICTURED ON *P. 63* // HANDS ON 20 min. **TOTAL TIME** 1 hr. 25 min.

8	**oz. goat cheese (chèvre)**
4	**oz. cream cheese**
½	**cup extra virgin olive oil**
6	**garlic cloves, smashed**
2	**sprigs fresh rosemary**
1	**lemon**
1	**Tbsp. plus 1 tsp. finely chopped fresh rosemary**
1	**tsp. black pepper**
1	**small butternut squash, peeled, seeded, and cut into 1-inch chunks (6 cups)**
1	**large red onion, cut into 8 wedges**
4	**garlic cloves, minced**
4	**sprigs fresh thyme, leaves removed**
½	**tsp. salt**
1	**bunch Swiss chard, stems removed, leaves roughly chopped**

1. Let goat cheese and cream cheese stand at room temperature 30 minutes. Meanwhile, for garlic-rosemary oil, in a small saucepan combine olive oil, smashed garlic, and rosemary sprigs. Heat over medium-low to a gentle simmer; cook until garlic is golden brown and crisp, 30 minutes. (Be careful not to burn the garlic.) Remove from heat. Using a slotted spoon, remove garlic and rosemary from oil. Strip leaves from rosemary sprigs. Finely chop leaves and garlic; reserve for garnish.

2. For rosemary goat cheese, remove 2 tsp. zest and squeeze 1 Tbsp. juice from lemon. In a food processor combine goat cheese, cream cheese, 3 Tbsp. of the garlic-rosemary oil, the lemon zest and juice, 1 Tbsp. of the chopped fresh rosemary, and ½ tsp. of the pepper. Process until smooth. Transfer to a bowl; cover and chill until ready to use (up to 3 days; let stand at room temperature 30 minutes before using).

3. Preheat oven to 425°F. In a large bowl combine squash, red onion, and ¼ cup of the garlic-rosemary oil; toss to coat. Add minced garlic, thyme leaves, remaining 1 tsp. chopped fresh rosemary, the salt, and remaining ½ tsp. pepper; toss to distribute evenly. Spread on a large rimmed baking sheet.

4. Roast until squash is golden brown and crispy on the bottom, 30 minutes. Add chard leaves; toss to coat with some of the oil. Roast until leaves wilt, 5 minutes.

5. Spread rosemary goat cheese on a serving platter. Arrange roasted vegetables on top. Drizzle with the remaining garlic-rosemary oil and top with the reserved chopped crispy garlic and rosemary. **Makes 6 servings.**

PER SERVING *418 cal, 33 g fat (12 g sat fat), 36 mg chol, 722 mg sodium, 24 g carb, 4 g fiber, 5 g sugars, 11 g pro.*

Apple-Cranberry Tart with Rosemary Custard

Step aside, ordinary pie. This year, those orchard-picked apples are destined for bigger and better things. This tart combines two fall fruit favorites, apples and cranberries, and perches them atop a rosemary-steeped vanilla custard.

TOASTED
To toast pecans, arrange them evenly on a baking sheet. Bake in a 350°F oven until golden, 8 to 10 minutes. Cool completely.

[FRESH TIP]

HOW TO STORE HERBS

To keep herbs fresher longer, set tender varieties such as parsley, cilantro, and basil upright in jars or glasses with a small amount of water at the bottom. Cover the leafy tops with a plastic bag. Hardy herbs like thyme, rosemary, and sage should be wrapped in damp paper towels and placed in plastic bags. Place all herbs in the fridge (except basil, which should be kept on the counter out of direct sunlight). Change water or refresh paper towels if any discoloration occurs.

Everything Green Herb Salad

PICTURED ON ***P. 64***
START TO FINISH 20 min.

1	**4-oz. pkg. baby kale**
2	**cups coarsely chopped romaine**
1½	**cups halved green grapes**
1	**cup thinly sliced celery**
2	**mini cucumbers, sliced (1 cup)**
1	**cup chopped fresh flat-leaf parsley**
¼	**cup chopped fresh chives**
¼	**cup chopped fresh tarragon**
¼	**cup chopped fresh dill**
1	**recipe Champagne Vinaigrette *(below)***

In a large bowl toss together kale, romaine, grapes, celery, cucumbers, parsley, chives, tarragon, and dill. Serve with Champagne Vinaigrette. **Makes 6 servings.**

PER SERVING *226 cal, 18 g fat (3 g sat fat), 0 mg chol, 266 mg sodium, 15 g carb, 3 g fiber, 9 g sugars, 2 g pro.*

CHAMPAGNE VINAIGRETTE

In a blender combine ½ cup olive oil, ⅓ cup champagne vinegar, 2 tsp. Dijon mustard, ¼ cup coarsely chopped shallots, 2 tsp. sugar, ½ tsp. salt, and ¼ tsp. black pepper. Cover and blend until smooth. Store in a screw-top jar in the refrigerator until ready to serve. Shake well before serving.

SUGARED ROSEMARY AND CRANBERRIES

Lightly coat several rosemary sprigs and/or cranberries with nonstick cooking spray. Sprinkle granulated sugar on rosemary; roll cranberries in a small amount of granulated sugar to coat. Place on waxed paper. Let stand at least 1 hour to dry before using. (This is a decorative garnish and is not for eating.)

Sage and Chive Spoon Bread

PICTURED ON ***P. 65***
HANDS ON 20 min.
TOTAL TIME 1 hr.

4	**cups whole milk**
1	**tsp. salt**
1	**cup medium-grind cornmeal**
2	**Tbsp. butter**
8	**oz. sharp cheddar cheese, freshly grated (2 cups)**
2	**Tbsp. sour cream**
⅓	**cup finely chopped fresh chives**
3	**Tbsp. finely chopped fresh sage**
2	**tsp. Worcestershire sauce**
4	**eggs, separated**
⅛	**tsp. cream of tartar**
1	**recipe Fried Sage Leaves *(below)* (optional)**

1. Position a rack in the center of oven with no racks above it. Preheat oven to 350°F. Grease a 3-qt. round or oval baking dish.

2. In a large saucepan heat milk and salt over medium just until steaming and bubbles form around edges of pan. Reduce heat to low. Slowly add cornmeal to hot milk while whisking. Cook, stirring constantly, until thickened, 5 minutes. Remove from heat. Stir in butter until melted. Stir in 1½ cups of the cheese, the sour cream, chives, fresh sage, and Worcestershire sauce.

3. In a small bowl lightly beat egg yolks. Stir yolks into the cornmeal mixture. In a medium bowl beat egg whites and cream of tartar until stiff peaks form (tips stand straight). Fold one-fourth of the egg whites into cornmeal mixture to lighten it, then fold in remaining egg whites until no streaks remain. Pour mixture into the prepared dish and smooth the top. Sprinkle with remaining ½ cup cheese (be careful to keep cheese away from rim of dish).

4. Bake until spoon bread is puffed, golden brown, and barely jiggly, 40 minutes. If you like, top with Fried Sage Leaves. **Makes 12 servings.**

PER SERVING *214 cal, 14 g fat (8 g sat fat), 95 mg chol, 401 mg sodium, 13 g carb, 1 g fiber, 4 g sugars, 10 g pro.*

FRIED SAGE LEAVES In a small skillet heat ¼ cup olive oil over medium until shimmering. Add 10 to 12 fresh sage sprigs, two at a time. Cook until crisp, 30 to 60 seconds. Using tongs, transfer sage to paper towels.

Parsley-Sage Sausage Pilaf

PICTURED ON ***P. 66***
HANDS ON 15 min.
TOTAL TIME 1 hr. 30 min.

4 cups chicken broth
1½ cups dry wild rice
12 oz. croissants (about 5)
1 lb. bulk sage breakfast sausage
1 Tbsp. unsalted butter
2 leeks, white and light green parts thinly sliced
2 stalks celery, chopped
½ tsp. black pepper
¾ cup dried tart cherries
¾ cup dried apricots, chopped
¼ cup chopped fresh flat-leaf parsley
¼ cup chopped fresh sage

1. In a large saucepan bring 3 cups of the broth to boiling. Stir in wild rice; reduce heat. Cover and simmer until rice is tender and most grains have split, 40 minutes. If necessary, drain excess liquid.
2. Preheat oven to 350°F. Grease a 13x9-inch baking dish. Cut croissants crosswise into thirds. Place croissants on a baking sheet. Toast in the oven until dried and crisp, 15 to 20 minutes.
3. Meanwhile, in a large skillet cook sausage over medium-high, breaking it into chunks, until cooked through. Using a slotted spoon, transfer sausage to a large bowl.
4. Drain most of the drippings from the skillet. Add butter to skillet; melt over medium-high. Add leeks, celery, and pepper; cook until softened, 5 minutes. Transfer to the bowl with the sausage. Add cooked rice, the cherries, apricots, parsley, and sage to bowl; toss to combine.
5. Spoon rice mixture into the prepared dish. Nestle croissant thirds on top, arranging them to look like whole croissants. Drizzle remaining 1 cup broth over all. Cover with foil.
6. Bake until heated through, 30 minutes. Uncover and bake until top is lightly crisped, 15 minutes. Top with additional fresh parsley. **Makes 10 servings.**

PER SERVING *504 cal, 25 g fat (11 g sat fat), 72 mg chol, 858 mg sodium, 54 g carb, 4 g fiber, 20 g sugars, 17 g pro.*

Angel Biscuits with Chives and Parsley

PICTURED ON ***P. 67*** **// HANDS ON** 15 min. **TOTAL TIME** 1 hr. 30 min.

2 Tbsp. warm water (110°F)
1 pkg. (¼ oz.) active dry yeast
1 tsp. sugar
1½ cups all-purpose flour, plus more as needed
1½ cups cake flour
3 Tbsp. coarsely chopped fresh chives
3 Tbsp. coarsely chopped fresh flat-leaf parsley
2 tsp. baking powder
½ tsp. baking soda
1 tsp. kosher salt
½ cup cold butter, cut up
1 cup buttermilk, at room temperature
2 Tbsp. unsalted butter, melted
Sea salt flakes (optional)
1 recipe Chive-Parsley-Dried Tomato Compound Butter or Walnut-Rosemary-Cherry Compound Butter ***(below)*** **(optional)**

1. In a bowl stir together the warm water, yeast, and sugar. Let stand.
2. In a food processor combine the next seven ingredients (through kosher salt); pulse to combine. Add the cold butter; pulse until butter is pea size.
3. Stir buttermilk into the yeast mixture. Add to food processor; pulse just until combined and a dough forms.
4. Turn dough out onto a lightly floured surface; briefly knead until evenly moistened. Pat dough into a thick rectangle. Fold rectangle in half like a book, turn 90 degrees, and pat out again. Repeat two more times, sprinkling flour under dough as needed if sticking. Pat dough into a 9-inch circle about ¾ inch thick.
5. Using a 2-inch biscuit cutter dipped in flour, cut out biscuits. Place cutouts ½ inch apart on a large ungreased baking sheet. Gather dough scraps together and cut more biscuits until you have used all the dough.
6. Cover biscuits with plastic wrap. Let rise until they're slightly puffy, 1 hour.
7. Preheat oven to 425°F. Gently brush tops of biscuits with the melted butter. Sprinkle with sea salt flakes (if using). Bake until golden brown, 15 to 20 minutes. Serve warm with compound butter, if you like. **Makes 20 biscuits.**

PER BISCUIT *129 cal, 6 g fat (4 g sat fat), 16 mg chol, 321 mg sodium, 16 g carb, 1 g fiber, 1 g sugars, 2 g pro.*

Chive-Parsley-Dried Tomato Compound Butter

In a medium bowl combine ½ cup unsalted butter, softened; 2 Tbsp. finely chopped fresh chives; 1 Tbsp. finely chopped fresh flat-leaf parsley; 1 Tbsp. finely chopped oil-packed dried tomatoes; 1 tsp. lemon zest; 1 large garlic clove, grated; ½ tsp. salt; and ⅛ tsp. crushed red pepper (optional); stir until well combined. Scrape mixture onto center of a piece of plastic wrap; use plastic wrap to shape and roll into a 4- to 5-inch-long log. Chill at least 4 hours or until firm. Store in the refrigerator up to 1 week. Makes ½ cup.

Walnut-Rosemary-Cherry Compound Butter

In a medium bowl combine ½ cup unsalted butter, softened; ¼ cup walnuts, toasted and finely chopped; 2 Tbsp. chopped fresh rosemary; 2 Tbsp. finely chopped dried cherries; and ½ tsp. each salt and black pepper; stir until well combined. Scrape mixture onto center of a piece of plastic wrap; use plastic wrap to shape and roll into a 4- to 5-inch-long log. Chill at least 4 hours or until firm. Store in the refrigerator up to 1 week. Makes ½ cup.

Harvest Hues

Smoky Beet and Potato Soup, *p. 76*

This soup features all the beloved flavors of baked potato soup with beets added for a deep purple color and earthy flavor. A light swirl of sour cream with a sprinkle of chives and bacon add just enough richness to feel indulgent.

Nature makes the prettiest rainbows—whether they're up in the sky or out back in your garden. We used one from the latter to create a multihue menu of smooth soups as big in flavor as they are in color.

Creamy Roasted Pepper-Tomato Soup, *p. 76*

Embrace velvety smoothness without even a drop of dairy. A jar of roasted peppers, a can of San Marzano tomatoes, and a carton of silken tofu provide all the body and texture the soup needs without relying on heavy cream or milk.

Toast large
flakes of coconut
in a dry skillet
over medium, stirring
occasionally,
until the flakes
begin to brown,
5 to 10 minutes.

→

Coconut-Curry Squash Soup, *p. 77*

Squash soup is a must during the autumn season, but to give it a spin, we warmed up this liquid-gold version of Indian dal—red lentils, coconut milk, and fragrant spices in Massaman curry paste. Finish it with fresh lime juice, toasty coconut, and a sprinkle of cilantro.

Zucchini-Zhug Soup with Halloumi Croutons, *p. 77*

Neutral-flavor zucchini welcomes the high-personality tang of zhug, an herb-based condiment from Yemen. These two join forces with cannellini beans and kale for a nutrient-rich and flavorful blend that holds up to the best part of all: tasty toppers of pan-seared Halloumi croutons and roasted cherry tomatoes.

Smoky Beet and Potato Soup

HANDS ON 10 min.
TOTAL TIME 1 hr. 5 min.

8 oz. hickory-smoked bacon slices, chopped
1 medium onion, chopped (1 cup)
2 ribs celery, chopped (1 cup)
2 garlic cloves, minced
2 lb. (5 medium) russet potatoes, peeled and coarsely chopped (6 cups)
1 qt. low-sodium vegetable broth
8 oz. red beets, peeled and coarsely chopped (1½ cups)
1 Tbsp. finely chopped chipotle peppers in adobo sauce
1½ tsp. salt
3 Tbsp. fresh lemon juice
½ cup sour cream
1 Tbsp. chopped fresh chives

1. In a 5- to 6-qt. pot cook bacon until browned and crisp, stirring occasionally. Transfer bacon to paper towels. Reserve 2 Tbsp. drippings in pan; discard remaining.
2. Add onion, celery, and garlic to drippings in pan. Cook, stirring occasionally, until vegetables begin to caramelize, 10 minutes. Add potatoes, broth, beets, chipotle peppers, and salt. Stir to combine. Bring to boiling; reduce heat. Cover and simmer until all vegetables are very tender, 45 minutes.
3. Use an immersion blender to puree soup until very smooth. Stir in lemon juice. Serve with a swirl of sour cream and top with chives and cooked bacon. **Makes 8 servings.**

PER SERVING *213 cal, 9 g fat (4 g sat fat), 21 mg chol, 713 mg sodium, 27 g carb, 4 g fiber, 4 g sugars, 6 g pro.*

Creamy Roasted Pepper-Tomato Soup

START TO FINISH 15 min.

2 Tbsp. olive oil
1 large onion, chopped (2 cups)
3 Tbsp. tomato paste
3 garlic cloves, minced
1 28-oz. can whole San Marzano-style tomatoes, undrained
1 16-oz. jar roasted red peppers, drained
1 12-oz. pkg. soft silken tofu, drained (tip, *right*)
Water or broth
Salt and black pepper
Fresh basil leaves
Red bell pepper rings, pan seared

1. In a 4- to 5-qt. pot heat olive oil over medium. Add onion; cook, stirring occasionally, until softened, 5 minutes. Add tomato paste and garlic; cook and stir until fragrant, 1 minute. Add tomatoes and roasted red peppers, using the side of a spoon to crush the tomatoes as you add them. Add tofu.
2. Use an immersion blender to puree soup until very smooth. If necessary, add water or broth, ¼ cup at a time, to achieve desired consistency. Bring to simmering over medium. Cook, uncovered, 5 minutes. Season with salt and black pepper. Top servings with basil and seared bell pepper rings. If you like, add a drizzle of additional olive oil and/or sprinkle with black pepper. **Makes 4 servings.**

PER SERVING *249 cal, 12 g fat (1 g sat fat), 751 mg sodium, 30 g carb, 3 g fiber, 18 g sugars, 7 g pro.*

SILKEN TOFU

There are several tofu choices on the grocery store shelves. We like the texture that silken tofu contributes to this soup. Also called Japanese-style tofu, silken tofu has a softer consistency compared to regular tofu and comes in soft, medium, firm, and extra-firm options. (We used soft in this recipe.)

Coconut-Curry Squash Soup

If you like, you can substitute the fresh squash with two 15-oz. cans of pumpkin puree or sweet potato puree, or 6 cups cubed frozen butternut squash, thawed.

HANDS ON 10 min.
TOTAL TIME 40 min.

2	**Tbsp. coconut oil or vegetable oil**
1	**large onion, chopped (2 cups)**
3	**Tbsp. Massaman or red curry paste**
1	**medium (about 2 lb.) butternut squash or pie pumpkin, peeled, seeded, and cubed (6 cups)**
1	**qt. low-sodium vegetable broth**
1	**14-oz. can unsweetened coconut milk**
1	**cup dry red lentils**
	Water or broth
2	**Tbsp. fresh lime juice**
½	**tsp. salt**
	Toasted coconut flakes
	Fresh cilantro
	Lime wedges

1. In a 5- to 6-qt. pot heat oil over medium. Add onion; cook, stirring occasionally, until softened but not browned, 3 minutes. Add curry paste; cook and stir until onion is well-coated and aromatic, 1 minute. Stir in squash, broth, coconut milk, and lentils. Bring to boiling; reduce heat. Cover and simmer until squash is very tender and lentils have broken down, 30 minutes.

2. Use an immersion blender to puree soup until very smooth. If necessary, add water or broth, ¼ cup at a time, to achieve desired consistency. Stir in lime juice and salt. If you like, add more salt to taste. Top servings with toasted coconut and cilantro. Serve with lime wedges. **Makes 8 servings.**

PER SERVING *292 cal, 14 g fat (12 g sat fat), 0 mg chol, 324 mg sodium, 36 g carb, 6 g fiber, 5 g sugars, 8 g pro.*

Zucchini-Zhug Soup with Halloumi Croutons

HANDS ON 15 min.
TOTAL TIME 40 min.

2	**9-oz. containers cherry tomatoes on the vine, cut into small clusters**
¼	**cup plus 1 Tbsp. olive oil, plus more for brushing**
	Salt and black pepper
1	**to 2 fresh hot green chiles, such as serrano, roughly chopped (tip, *p. 25*)**
2	**garlic cloves, smashed**
½	**tsp. ground coriander**
½	**tsp. ground cumin**
¼	**tsp. ground cardamom**
1	**cup lightly packed fresh parsley leaves and stems**
1	**cup lightly packed fresh cilantro leaves and stems**
2	**Tbsp. fresh lemon juice**
1	**large onion, chopped (2 cups)**
2	**medium zucchini, chopped (4 cups)**
3	**garlic cloves, minced**
1	**qt. low-sodium vegetable broth**
1	**8.8-oz. block Halloumi cheese or feta**
2	**15.5-oz. cans cannellini beans, drained**
2	**cups thinly sliced fresh kale**

1. Preheat oven to 350°F. Line a baking sheet with parchment paper. Place tomato clusters on the prepared baking sheet. Brush with some olive oil and sprinkle with ¼ tsp. each salt and black pepper. Roast tomatoes until they have softened and started to split, 13 to 15 minutes. Let stand until ready to serve.

2. Meanwhile, for zhug, in a mini food processor or mortar and pestle combine chiles, smashed garlic, coriander, cumin, and cardamom; pulse until chiles and garlic are a fine paste. Add parsley, cilantro, 1 Tbsp. of the lemon juice, ⅛ tsp. salt, and ⅛ tsp. black pepper. Pulse until herbs have broken down into a rough puree. Add remaining 1 Tbsp. lemon juice; pulse to combine. Add the ¼ cup olive oil; process until sauce lightens in color and oil is emulsified, but stop before sauce is completely uniform. It should look bright green with flecks of herbs.

3. For soup, in a 5- to 6-qt. pot heat remaining 1 Tbsp. olive oil over medium. Add onion and ¼ tsp. salt. Cook, stirring occasionally, until softened but not browned, 3 minutes. Add zucchini and minced garlic; cook and stir 1 minute. Stir in broth. Bring to boiling; reduce heat. Cover and simmer until zucchini is tender, 10 minutes.

4. Meanwhile, for croutons, cut Halloumi into small (1-cm) cubes; pat dry. Place in a large nonstick skillet. Cook over medium until browned on all sides. Initially, the cheese will release liquid before it begins to brown.

5. Gently stir beans, kale, and ¼ cup of the zhug into the soup. Cook until beans are heated through and kale has softened. Season with additional salt. If you like, use an immersion blender to puree soup until desired texture. Drizzle servings with additional zhug and top with Halloumi croutons and roasted cherry tomatoes. **Makes 6 servings.**

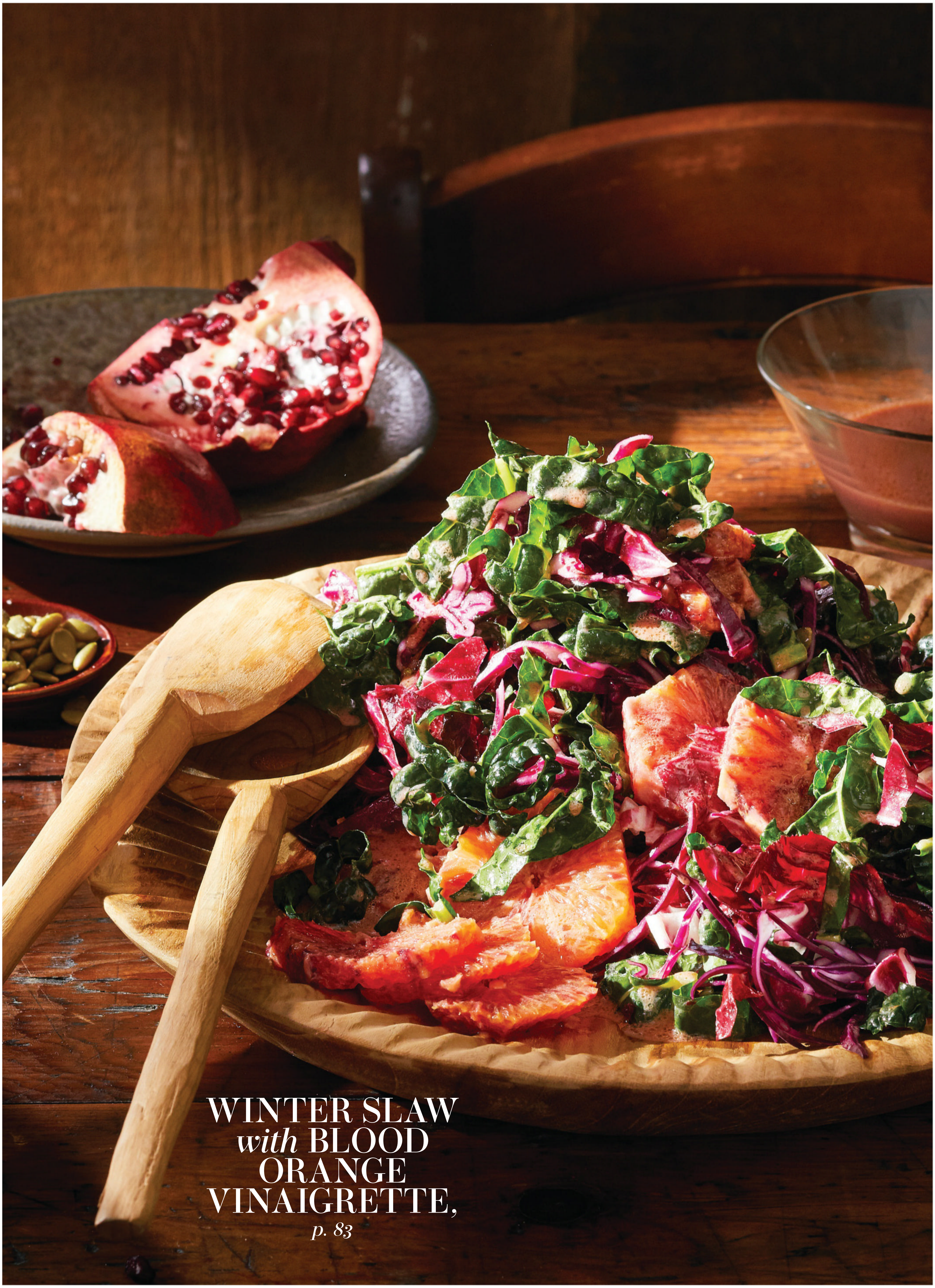
PER SERVING *394 cal, 24 g fat (9 g sat fat), 30 mg chol, 1,102 mg sodium, 31 g carb, 12 g fiber, 8 g sugars, 18 g pro.*

Halloumi is a semihard brined cheese. Because it has a high melting point, it's ideal for making golden croutons.

PULL-APART STUFFING RING,
p. 82

on the SIDE

Side dishes get a boost! Whether you need a make-and-take dish for a celebration or something to serve up with a take-it-slow Sunday dinner, these refreshed classics go above and beyond.



WINTER SLAW
with BLOOD
ORANGE
VINAIGRETTE,

p. 83

Green Bean and Mushroom Skillet

START TO FINISH 30 min.

- **1½ lb. haricots verts or thin green beans, trimmed**
- **3 Tbsp. all-purpose flour**
- **¾ tsp. kosher salt**
- **½ tsp. black pepper**
- **1½ cups thinly sliced shallots (3 large)**
- **⅓ cup plus 2 Tbsp. canola oil**
- **1½ lb. assorted fresh mushrooms, sliced**
- **8 slices thick-cut bacon**
- **4 garlic cloves, sliced**
- **2 Tbsp. chopped fresh marjoram**
- **1 Tbsp. lemon zest**
- **4 oz. herbed goat cheese (chèvre)**

1. In a 4- to 6-qt. pot blanch beans in boiling, lightly salted water just until bright green and crisp-tender, 5 to 8 minutes. Drain; plunge beans into an ice bath. Drain well; chill.

2. In a small bowl combine flour and ¼ tsp. each of the salt and black pepper. Add shallots; toss to coat. In a small saucepan heat the ⅓ cup oil over medium. Add shallots in batches; cook until golden, 1½ to 2 minutes. Using a slotted spoon, remove shallots to a paper towel-lined plate to drain.

3. In an extra-large skillet cook mushrooms over medium until tender and browned, 8 to 10 minutes; remove from skillet. Add bacon to skillet. Cook until browned and crisp; remove to drain, reserving 2 Tbsp. drippings in skillet. Crumble or chop bacon.

4. Add the remaining 2 Tbsp. oil to drippings in skillet. Add garlic; cook 1 minute. Add beans, mushrooms, bacon, marjoram, lemon zest, and the remaining ½ tsp. salt and ¼ tsp. pepper. Heat through, tossing, about 3 minutes. Transfer to a platter. Thinly slice or crumble goat cheese and add to veggies; gently toss to melt. Top with crispy shallots. **Makes 8 servings.**

PER SERVING *169 cal, 9 g fat (4 g sat fat), 23 mg chol, 309 mg sodium, 15 g carb, 4 g fiber, 6 g sugars, 11 g pro.*

Make Ahead Slice mushrooms. Prep green beans as directed in Step 1. Chill in an airtight container up to 24 hours. Prep and cook recipe as directed.

Scalloped Sweet Potatoes

HANDS ON 35 min. **TOTAL TIME** 2 hr. 5 min.

- **2 Tbsp. butter**
- **3 garlic cloves, minced**
- **3 Tbsp. all-purpose flour**
- **1½ cups unsweetened light coconut milk**
- **1 Tbsp. chopped fresh basil**
- **½ tsp. kosher salt**
- **¼ tsp. black pepper**
- **½ tsp. five-spice powder or ¼ tsp. ground cinnamon or ground nutmeg**
- **3 lb. sweet potatoes (5 to 6 medium), peeled and very thinly sliced**
- **Peanut Streusel (recipe, *far right*)**

1. Preheat oven to 325°F. Grease the bottom and sides of a 10-inch springform pan. Line pan with parchment paper, allowing ends to extend above edge of pan.

2. For sauce, in a large saucepan melt butter over medium. Add garlic; cook 1 minute. Whisk in flour. Add coconut milk all at once. Cook and stir until thickened and bubbly. Stir in basil, salt, pepper, and five-spice powder; remove from heat.

3. Arrange sweet potatoes in pan, overlapping slices as necessary and spooning some of the sauce over each layer as you work your way around the pan. (You should have five or six layers of potatoes with about ¼ cup sauce per layer, ending with sauce.) Season with additional salt and pepper. Sprinkle with Peanut Streusel.

4. Bake, uncovered, until bubbly and golden and potatoes are tender, about 1 hour. Remove from oven; let stand 30 minutes. Remove sides of pan; gently peel away paper. Slice into wedges and, if you like, top with additional peanuts or basil. **Makes 8 servings.**

PER SERVING *405 cal, 19 g fat (11 g sat fat), 23 mg chol, 343 mg sodium, 55 g carb, 7 g fiber, 17 g sugars, 7 g pro.*

Make Ahead Up to 1 day ahead, slice potatoes, make sauce, and prepare streusel. Place in separate airtight containers and chill. (Place potatoes in a resealable plastic bag; squeeze out excess air.) Assemble and bake as directed.

PEANUT STREUSEL

In a medium bowl stir together ½ cup each packed brown sugar and all-purpose flour. Using a pastry blender, cut in ¼ cup butter until mixture resembles coarse crumbs. Stir in ½ cup each chopped roasted peanuts and flaked coconut.

SCALLOPED SWEET POTATOES
GREEN BEAN *and* MUSHROOM SKILLET

Potato, Celery Root, and Parsnip Mash

HANDS ON 30 min.
TOTAL TIME 55 min.

¼ of a medium onion
6 garlic cloves, peeled
2 sprigs fresh rosemary or thyme
2 bay leaves
3 Tbsp. kosher salt
3 lb. Yukon gold or russet potatoes, peeled and cut into large chunks
1 lb. parsnips, peeled and cut into large chunks
1 lb. celery root (celeriac), peeled and cut into ½-inch slices
½ to ¾ cup butter, at room temperature and cut up
¾ to 1 cup warm half-and-half, milk, chicken broth, or buttermilk
Black pepper
Melted butter and chopped fresh chives
Gravy (optional)

1. In a 6-qt. pot combine 3 qt. *water,* the onion, garlic, rosemary, bay leaves, and salt. Bring to boiling. Add potatoes, parsnips, and celery root. Cook, covered, over medium, until very tender when pierced with a knife, 25 to 30 minutes; drain. Remove and discard herb stems and bay leaves. Return potato mixture to pan. Mash with a ricer or potato masher.
2. Return pan to low and stir in butter one piece at a time. Stir in enough half-and-half to reach desired consistency. Season with additional salt and pepper. Serve topped with melted butter and chives, and, if you like, gravy. **Makes 12 servings.**

PER SERVING *213 cal, 12 g fat (7 g sat fat), 31 mg chol, 966 mg sodium, 26 g carb, 3 g fiber, 3 g sugars, 3 g pro.*

Make Ahead Prep mash as directed. Transfer to a glass or ceramic baking dish. Cover and chill up to 3 days or freeze up to 1 month (thaw in refrigerator before reheating). To reheat, microwave 5 minutes, stirring once or twice. Or transfer to a 4-qt. slow cooker and heat on low 3½ to 4 hours, stirring every hour.

Autumn Fruit and Ginger Chutney

HANDS ON 20 min.
TOTAL TIME 55 min.

¾ cup cider vinegar
½ cup apple cider, orange juice, or kombucha
2 Tbsp. chopped crystallized ginger or 2 tsp. ground ginger
1 4-inch cinnamon stick
1 whole star anise (optional)
¼ tsp. crushed red pepper or ground black pepper
½ tsp. kosher salt
2 medium pears and/or Granny Smith apples, peeled and chopped
1 cup chopped dried apricots
1 cup fresh or frozen cranberries
1 to 1¼ cups packed brown sugar
¼ cup orange marmalade

1. In a medium saucepan bring vinegar, cider, ginger, cinnamon stick, anise (if using), crushed red pepper, and salt to boiling. Stir in pears, apricots, cranberries, brown sugar, and marmalade. Cook and stir until bubbly. Reduce heat. Simmer, uncovered, until fruit is tender and mixture thickens slightly, about 35 minutes.
2. Remove pan from heat and let stand, covered, 2 hours. Remove and discard cinnamon stick and anise. Serve at room temperature or cover and chill until ready to serve. **Makes 12 servings.**

PER SERVING *147 cal, 0 g fat, 0 mg chol, 109 mg sodium, 38 g carb, 2 g fiber, 30 g sugars, 1 g pro.*

Shortcut In a large saucepan combine 2½ cups apple cider or cranberry juice, 2¼ cups roughly chopped dried fruit (apricots, pears, apples, golden raisins, and/or cranberries), ¼ cup cider vinegar, 2 Tbsp. crystallized ginger, 1 cinnamon stick, ¼ tsp. crushed red pepper, and, if you like, 1 star anise. Bring to boiling; reduce heat. Simmer, covered, 20 minutes. Remove from heat; let stand, covered, 2 hours. Remove and discard cinnamon stick and anise. Serve at room temperature or cover and chill.

Pull-Apart Stuffing Ring

PICTURED ON *P. 78*
HANDS ON 25 min.
TOTAL TIME 1 hr. 50 min.

¾ cup unsalted butter
2 cups chopped onion (1 large)
2 cups sliced celery (4 stalks)
1 cup chopped apple
3 Tbsp. chopped fresh rosemary or tarragon
3 Tbsp. chopped fresh flat-leaf parsley, basil, or sage
1 tsp. poultry seasoning
½ tsp. kosher salt
½ tsp. black pepper
1 egg, lightly beaten
2 16.3-oz. pkg. refrigerated biscuits, separated and cut into quarters

1. Preheat oven to 325°F. Butter or grease a 10-inch fluted tube pan.
2. In an extra-large skillet melt butter over medium. Cook onion, celery, and apple in butter until tender, 8 to 10 minutes. Stir in fresh herbs, poultry seasoning, salt, and pepper. Cook and stir 1 minute. Transfer vegetable mixture to an extra-large bowl. Let cool 15 minutes. Stir in egg. Add cut-up biscuits; toss to coat evenly. Spoon biscuit mixture into prepared pan. Press down lightly.
3. Bake until golden brown and a thermometer registers 160°F, about 1 hour. Transfer to a wire rack; let cool 10 minutes. Run a knife around edge of pan; invert stuffing ring onto a serving platter. Invert again. Garnish with additional fresh parsley. **Makes 12 servings.**

PER SERVING *359 cal, 20 g fat (9 g sat fat), 47 mg chol, 808 mg sodium, 39 g carb, 0 g fiber, 8 g sugars, 6 g pro.*

Shortcut This recipe has a built-in shortcut with the biscuits, but you can further cut prep time by buying prechopped celery and onion—or a mirepoix—from your grocery's produce section.

Winter Slaw with Blood Orange Vinaigrette

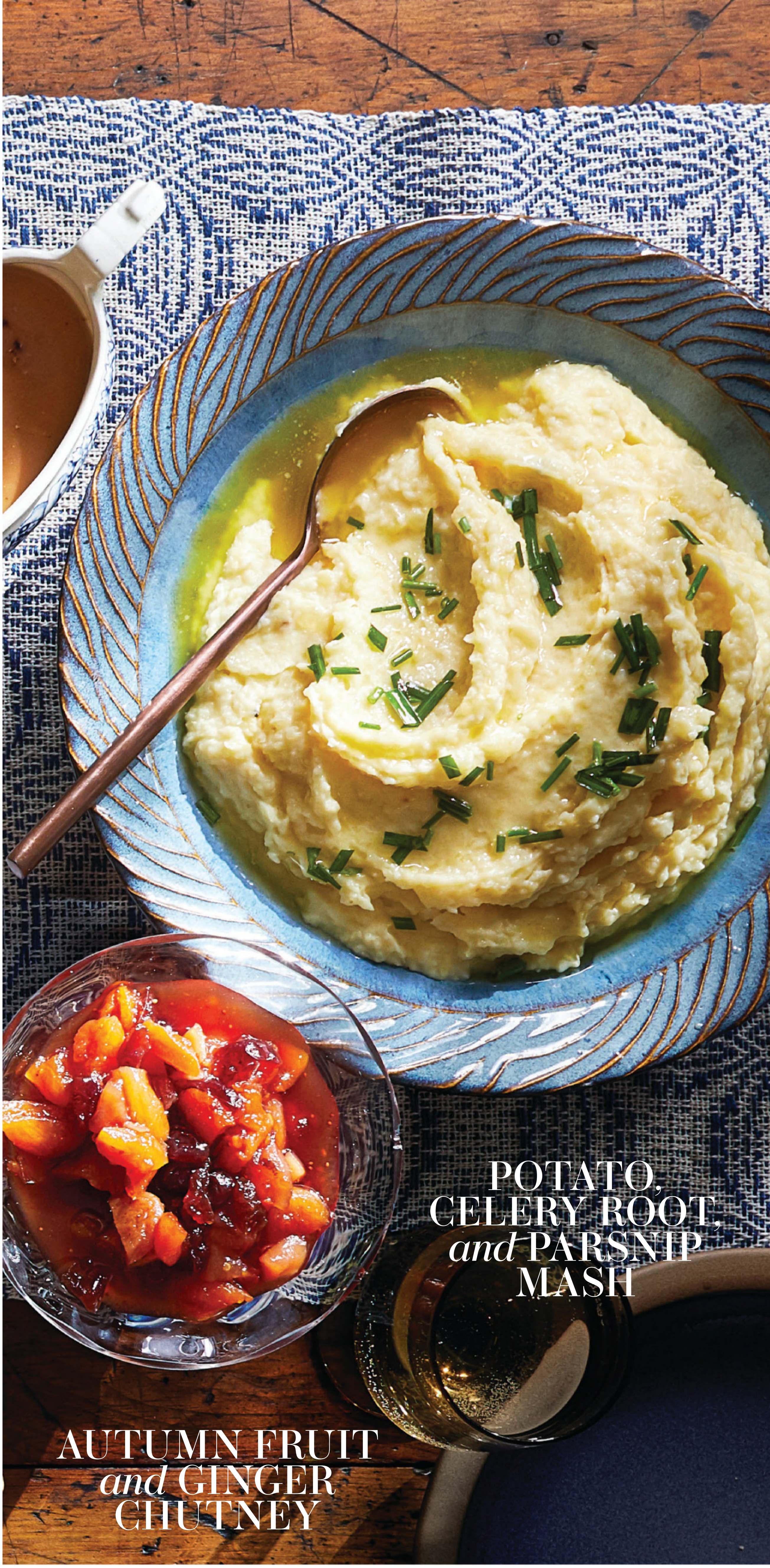
PICTURED ON ***P. 79***
START TO FINISH 25 min.

6	cups shredded stemmed kale
1	Tbsp. plus ⅓ cup olive oil
1¼	tsp. kosher salt
3	cups shredded radicchio (1 head)
1	cup shredded purple cabbage
⅓	cup blood orange juice
1	Tbsp. white wine vinegar
1	Tbsp. Dijon mustard
1	tsp. sugar
1	garlic clove, minced
¼	tsp. black pepper
2	blood oranges, peeled and sliced
½	cup pomegranate seeds
½	cup chopped fresh flat-leaf parsley
½	cup pepitas (pumpkin seeds), toasted

1. In an extra-large bowl combine kale, the 1 Tbsp. olive oil, and 1 tsp. of the salt. Using your hands, massage kale to help soften the fibrous leaves. Rinse in a colander under running water; drain well and return to the bowl. Add radicchio and cabbage; toss.
2. For dressing, in a small bowl whisk together orange juice, vinegar, mustard, sugar, garlic, the remaining ⅓ cup olive oil, the remaining ¼ tsp. salt, and the pepper.
3. Add half of the dressing to kale mixture; toss to coat. Gently stir in oranges, pomegranate seeds, and parsley. Sprinkle with pepitas. Serve salad with remaining dressing. **Makes 10 servings.**

PER SERVING *188 cal, 15 g fat (2 g sat fat), 0 mg chol, 299 mg sodium, 11 g carb, 3 g fiber, 5 g sugars, 5 g pro.*

Make Ahead Prep salad and dressing as directed through Step 2. Cover; chill separately up to 48 hours.


POTATO, CELERY ROOT, *and* PARSNIP MASH
AUTUMN FRUIT *and* GINGER CHUTNEY

HOT CHOCOLATE CAKE, *P. 87*

BOTTOMS UP

When you flip the pan upside down, bundt cakes drop from the mold with all the decoration they'll ever need. The beauty is in their intricately etched nooks and crannies, and a little fluff on top only adds to the magic.

A cloud of marshmallow meringue is enchanting either left as is or toasted with a kitchen torch.

BATTER ART
Half the batter is tinted with dark cocoa and espresso to create this cake's majestic swirls.

PUMPKIN SPICE LATTE CAKE, *P. 87*

[PAN TALK]

ALL ABOUT BUNDT

Bundt pans, inspired by elaborate European cake molds, were created in the 1950s by Minnesota-based Nordic Ware. The classic fluted tube pan expanded to dozens of shapes, now sold by many manufacturers.

GREASE WELL
Use nonstick baking or cooking spray to thoroughly grease fluted tube pans and ensure even coverage. For intricate pan designs, use a pastry brush to distribute oil into tight spots. This ensures an easy release.

BE PATIENT
Because bundts hold all the batter in one pan, they take more time to bake than layer cakes. Check for doneness using a wooden skewer.

COOL DOWN
For the easiest release, let the cake stand 10 to 15 minutes before removal. This is when the cake has firmed up slightly but the oils in the cake are still warm. Don't rush it—the cake may crack or tear if it's not set before removal.

Old-Fashioned Mini Cakes

HANDS ON 25 min.
TOTAL TIME 1 hr. 45 min.

	Nonstick baking spray
⅓	cup orange juice
⅓	cup bourbon
1¼	cups all-purpose flour
1¼	tsp. baking powder
½	tsp. baking soda
1	tsp. kosher salt
⅓	cup plus 3 Tbsp. unsalted butter, softened
¾	cup plus 3 Tbsp. granulated sugar
1	egg
1	egg yolk
1	tsp. Angostura bitters
½	tsp. vanilla
⅓	cup boiling water
1½	cups powdered sugar
1	to 2 Tbsp. orange juice

1. Preheat oven to 350°F. Coat six 1-cup mini fluted tube pans with baking spray. In a liquid measuring cup combine the ⅓ cup orange juice and the bourbon. In a medium bowl whisk together flour, baking powder, baking soda, and salt.
2. In a large bowl beat the ⅓ cup butter with a mixer on medium 30 seconds. Add the ¾ cup granulated sugar; beat 2 minutes. Add egg and egg yolk, one at a time, beating well after each. Beat in bitters and vanilla. Add flour mixture. Beat just until combined, scraping bowl as needed. Add ⅓ cup of the bourbon mixture and the boiling water. Beat on low just until incorporated. Divide batter among prepared pans.
3. Bake until a wooden toothpick comes out clean, about 20 minutes.
4. Meanwhile, for syrup, in a small saucepan combine 3 Tbsp. of the bourbon mixture with remaining 3 Tbsp. each granulated sugar and butter. Cook, stirring, over medium until sugar dissolves and mixture comes to a simmer.
5. Using a toothpick, poke holes in each cake. Slowly spoon syrup evenly over cakes. Cool in pans 1 hour or until cakes absorb syrup. Remove cakes from pans.
6. For glaze, in a medium bowl combine the remaining bourbon mixture, the powdered sugar, an additional few dashes of bitters to taste, and 1 to 2 Tbsp. orange juice to make drizzling consistency. Drizzle over cakes.
Makes 6 mini cakes.

PER MINI CAKE *543 cal, 18 g fat (10 g sat fat), 104 mg chol, 411 mg sodium, 86 g carb, 1 g fiber, 64 g sugars, 4 g pro.*

It's dessert with all the flavors of a classic old-fashioned cocktail. If you like, garnish with orange peel curls and maraschino cherries.

OLD-FASHIONED MINI CAKES

Hot Chocolate Cake

PICTURED ON *P. 84*
HANDS ON 30 min.
TOTAL TIME 1 hr. 30 min.

4	**oz. unsweetened chocolate, chopped (⅔ cup)**
	Nonstick baking spray
1	**Tbsp. unsweetened cocoa powder**
1¾	**cups all-purpose flour**
⅓	**cup malted milk powder**
1	**tsp. baking soda**
½	**tsp. kosher salt**
¾	**cup butter, softened**
1½	**cups granulated sugar**
¾	**cup packed brown sugar**
⅓	**cup vegetable oil**
3	**eggs, at room temperature**
2½	**tsp. vanilla**
1¼	**cups water**
¾	**cup semisweet chocolate chips**
2	**egg whites**
¼	**tsp. cream of tartar**
¼	**cup light-color corn syrup**

1. Preheat oven to 350°F. In a small bowl microwave unsweetened chocolate 1 minute or until melted, stirring every 30 seconds. Cool slightly.
2. Coat a 10-inch fluted tube pan with baking spray. Add cocoa powder. Shake pan to coat interior; discard excess. In a bowl stir together flour, milk powder, baking soda, and salt.
3. In a large bowl beat butter with a mixer on medium 30 seconds. Add 1 cup of the granulated sugar, the brown sugar, and oil. Beat until combined, scraping bowl as needed. Add eggs, one at a time, beating until combined after each. Beat in melted chocolate and 1½ tsp. of the vanilla.
4. Alternately add flour mixture and 1 cup of the water to batter mixture, beating on low after each addition just until combined. Stir in chocolate chips. Pour batter into prepared pan, spreading evenly.
5. Bake until a skewer comes out clean, about 45 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan; cool.
6. For marshmallow meringue, in a large bowl beat egg whites and cream of tartar with a mixer on medium until soft peaks form (tips curl). In a small heavy saucepan combine the remaining ½ cup granulated sugar and ¼ cup water and the light-color corn syrup; bring to boiling, swirling pan gently to dissolve sugar. Cook sugar syrup to 240°F (2 to 3 minutes), then immediately remove from heat. With mixer running on medium-low, slowly pour syrup in a steady stream into bowl with egg whites. Increase speed to medium-high and beat 4 minutes or until glossy and stiff. Beat in the remaining 1 tsp. vanilla and a pinch of salt.
7. Once cake is completely cool, top with spoonfuls of marshmallow meringue. If you like, use a kitchen torch to lightly toast meringue. **Makes 12 servings.**

PER SERVING *555 cal, 27 g fat (13 g sat fat), 77 mg chol, 383 mg sodium, 74 g carb, 3 g fiber, 53 g sugars, 7 g pro.*

Pumpkin Spice Latte Cake

PICTURED ON *P. 85*
HANDS ON 30 min.
TOTAL TIME 1 hr. 20 min.

	Nonstick baking spray
2	**Tbsp. instant espresso coffee powder**
¾	**cup evaporated milk**
2⅓	**cups cake flour**
2	**tsp. baking powder**
2	**tsp. pumpkin pie spice**
½	**tsp. kosher salt**
1¼	**cups sugar**
½	**cup butter, softened**
1¼	**cups canned pumpkin**
2	**eggs**
2	**egg whites**
1	**tsp. vanilla**
⅓	**cup vegetable oil**
3	**Tbsp. dark unsweetened cocoa powder**
	Sweetened whipped cream

1. Heat oven to 350°F. Coat a 10-inch fluted tube pan with baking spray. In a bowl combine espresso coffee powder and 1 Tbsp. of the evaporated milk; stir until dissolved.
2. In a medium bowl stir together flour, baking powder, pumpkin pie spice, and salt. In a large bowl beat sugar and butter with a mixer on medium 1 minute or until fluffy. Add pumpkin, eggs, egg whites, vanilla, and oil; beat on low to combine. Alternately beat in flour mixture and remaining evaporated milk.
3. Transfer half of the batter to a medium bowl. Add espresso mixture and cocoa powder; fold together.
4. Using a cookie scoop, place a scoop of pumpkin batter into prepared pan; let it spread slightly. Place a scoop of espresso batter directly on top of pumpkin batter. Alternate batters, allowing each to spread between scoops; batters will flow to fill pan.
5. Bake until a wooden skewer comes out clean, about 40 minutes. Cool cake in pan on a wire rack 10 minutes. Remove cake from pan; cool completely.
6. Serve cake with sweetened whipped cream and sprinkle with additional pumpkin pie spice. **Makes 12 servings.**

PER SERVING *373 cal, 18 g fat (8 g sat fat), 60 mg chol, 281 mg sodium, 49 g carb, 2 g fiber, 23 g sugars, 6 g pro.*

Cinnamon LOVES Sugar

Sugar and spice bring out everything *nice* about one another—and the spirit of autumn baking too.

STUFFED SNICKERDOODLES, *P. 94*

Cinnamon Roll Cheesecake, *p. 94*

This is what happens when two worlds collide—our favorite breakfast pastry crosses paths with decadent cheesecake, with swirls of sugary cinnamon throughout the sour cream-enhanced batter. The coup de grâce is the garnish of adorably tiny rolls (made from shortcut crescent dough).

Go all out and finish your slice with a drizzle of cinnamon-honey (stir together 1 Tbsp. honey and ¼ tsp. cinnamon).

RECIPES: EMILY NIENHAUS

C&S Blondies

We love cinnamon-sugar toast, but what if the toast part was actually a blondie bar instead? Well, let's just say the results are legendary. As soon as the pan comes out of the oven, brush the top with melted butter and shake on the cinnamon-sugar so it soaks in and forms a crust.

C&S Blondies

HANDS ON 20 min.
TOTAL TIME 45 min.

2	cups all-purpose flour
3	tsp. ground cinnamon
1	tsp. baking powder
¼	tsp. baking soda
2	cups packed brown sugar
⅔	cup butter
2	eggs
2	tsp. vanilla
¼	cup granulated sugar
1	Tbsp. butter, melted

1. Preheat oven to 350°F. Line a 9-inch baking pan with foil, extending the foil over edges of pan. Grease foil. In a medium bowl stir together flour, 2 tsp. of the cinnamon, the baking powder, and baking soda.
2. In a medium saucepan heat and stir brown sugar and the ⅔ cup butter over medium until butter is melted and mixture is smooth. Remove from heat; cool slightly. Stir in eggs and vanilla. Stir in flour mixture. Pour batter into prepared baking pan, spreading evenly.
3. Bake until a toothpick inserted near the center comes out clean, 25 to 30 minutes. Cool slightly in pan on a wire rack.
4. In a small bowl stir together granulated sugar and remaining 1 tsp. cinnamon. Brush warm bars with the 1 Tbsp. melted butter and sprinkle with cinnamon-sugar; cool completely. Using the foil, lift uncut bars from pan. Cut into bars. **Makes 24 bars.**

PER BAR *131 cal, 1 g fat (1 g sat fat), 18 mg chol, 52 mg sodium, 28 g carb, 0 g fiber, 20 g sugars, 2 g pro.*

Pumpkin Butter Pastry Pockets

HANDS ON 25 min. **TOTAL TIME** 50 min.

1¾	**cups all-purpose flour**
1	**Tbsp. granulated sugar**
½	**tsp. salt**
¾	**cup cold butter, cut up**
1	**egg, lightly beaten**
2	**to 4 Tbsp. milk, plus more for brushing**
6	**Tbsp. pumpkin butter**
	Cinnamon-Sugar Topping, Cinnamon-Sugar Glaze, and/or Espresso Glaze (optional) (recipes, *below*)

1. In a large bowl stir together flour, sugar, and salt. Using a pastry blender, cut in butter until mixture resembles fine crumbs. Stir in egg. Sprinkle 1 Tbsp. of the milk over part of the flour mixture; toss with a fork. Push moistened pastry to side of bowl. Repeat moistening flour mixture, gradually adding milk, 1 Tbsp. at a time, until mixture begins to come together. Gather pastry into a ball, kneading gently just until it holds together. Divide pastry in half; form two balls. If you like, cover with plastic wrap and chill until ready to use.

2. Preheat oven to 375°F. On a lightly floured surface, use your hands to slightly flatten one pastry ball. Roll pastry into a 9x8-inch rectangle (if you want perfect rectangles, trim the edges). Cut in half lengthwise to form two 9x4-inch rectangles; cut each in thirds crosswise to form six 3x4-inch rectangles. Repeat with remaining pastry ball to make 12 total rectangles.

3. Spread 1 Tbsp. pumpkin butter on the center of each of six of the pastry rectangles. Brush edges with additional milk and top with the remaining pastry rectangles; press edges together with a fork to seal.

4. Using a floured spatula, transfer filled pastries to an ungreased baking sheet. Brush tops with additional milk; prick with fork. Sprinkle with Cinnamon-Sugar Topping (if using).

5. Bake until golden, 17 to 20 minutes. Cool on pan 5 minutes. Transfer pastries to a wire rack; cool. Drizzle with desired glaze(s) (if using). **Makes 6 pastries.**

FOOD PROCESSOR DIRECTIONS Combine flour, sugar, salt, butter, and egg in the bowl of a food processor. Pulse until crumbly. Add milk, 1 Tbsp. at a time, pulsing to combine until mixture forms a smooth ball. Remove pastry from processor. Continue as directed.

PER PASTRY *447 cal, 24 g fat (15 g sat fat), 93 mg chol, 418 mg sodium, 52 g carb, 1 g fiber, 23 g sugars, 5 g pro.*

CINNAMON-SUGAR TOPPING

In a small bowl stir together 2 Tbsp. granulated sugar and 1½ tsp. ground cinnamon.

CINNAMON-SUGAR GLAZE

In a small bowl whisk together ½ cup powdered sugar, 1 Tbsp. milk, ¼ tsp. ground cinnamon, and ¼ tsp. vanilla until smooth.

ESPRESSO GLAZE In a small bowl whisk together ½ cup powdered sugar, 2 tsp. brewed espresso, and ¼ tsp. vanilla until smooth. Add up to 1 tsp. more espresso if needed.

Chai-Spiced Knots, *p. 95*

These yeast rolls are inspired by Swedish cardamom buns but are infused with the warm spices of a chai latte. Cinnamon leads the charge with an array of other warming spices to add layers of flavor to woven knots of soft, tender dough.

Pearberry Scone Cobbler

HANDS ON 20 min. **TOTAL TIME** 1 hr. 30 min.

5	**cups chopped pears, peeled if desired (5 to 6 medium pears)**
1	**cup fresh or frozen cranberries**
1	**cup frozen wild blueberries**
1¾	**cups all-purpose flour**
½	**cup plus 3 Tbsp. granulated sugar**
1	**Tbsp. lemon juice**
1¾	**tsp. ground cinnamon**
¼	**tsp. ground ginger**
2	**tsp. baking powder**
8	**Tbsp. butter, divided**
½	**cup milk**
¼	**cup coarse decorating sugar**
	Cinnamon Whipped Cream (recipe, *far right*) (optional)

1. Preheat oven to 375°F. In a large bowl toss together pears, cranberries, blueberries, ¼ cup of the flour, the ½ cup granulated sugar, the lemon juice, 1 tsp. of the cinnamon, and the ginger. Transfer to a 2-qt. oval baking dish.

2. For scones, in a medium bowl combine the remaining 1½ cups flour and 3 Tbsp. granulated sugar, the baking powder, ½ tsp. of the cinnamon, and ½ tsp. *salt*. Cut 6 Tbsp. of the butter into pieces. Add to flour mixture; toss to coat. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Make a well in center of flour mixture. Add milk all at once. Using a fork, stir just until moistened.

3. Turn dough out onto a lightly floured surface. Knead dough by folding and gently pressing until it just holds together. Pat or lightly roll dough into a 7-inch circle that is about ½ inch thick. Cut with a floured 1½-inch square or round cutter; reroll scraps as needed.

4. In a microwave-safe bowl melt the remaining 2 Tbsp. butter. Place coarse sugar in another bowl. Brush tops of scones with melted butter, then dip in sugar. Place, sugar side up, on the fruit mixture. Place remaining ¼ tsp. cinnamon in a small fine-mesh sieve and shake over top.

5. Bake until bubbly and top is golden, 40 to 45 minutes. Tent with foil the last 10 minutes to prevent overbrowning. Cool on a wire rack 30 minutes before serving. If you like, top with Cinnamon Whipped Cream. **Makes 8 servings.**

PER SERVING *430 cal, 12 g fat (8 g sat fat), 32 mg chol, 365 mg sodium, 78 g carb, 6 g fiber, 47 g sugars, 4 g pro.*

CINNAMON WHIPPED CREAM

In a chilled medium bowl beat ½ cup heavy cream, 1 Tbsp. sugar, ¼ tsp. vanilla, and ⅛ tsp. ground cinnamon with a mixer on medium until soft peaks form (tips curl).

Stuffed Snickerdoodles

PICTURED ON ***P. 88*** **// HANDS ON** 30 min. **TOTAL TIME** 1 hr. 20 min.

½	**cup plus 3 Tbsp. butter, softened**
¾	**cup plus 2 Tbsp. granulated sugar**
½	**tsp. baking soda**
½	**tsp. cream of tartar**
1	**egg**
½	**tsp. vanilla**
1½	**cups plus 1 Tbsp. all-purpose flour**
⅓	**cup packed brown sugar**
1	**Tbsp. plus 1½ tsp. ground cinnamon**
⅛	**tsp. salt**

1. In a large mixing bowl beat the ½ cup butter with a mixer on medium to high 30 seconds. Add the ¾ cup granulated sugar, the baking soda, and cream of tartar. Beat until combined, scraping sides of bowl occasionally. Beat in egg and vanilla until combined. Beat in the 1½ cups flour. If necessary, chill dough until easy to handle, 30 minutes.

2. For filling, in a medium bowl combine remaining 3 Tbsp. butter and 1 Tbsp. flour, the brown sugar, the 1 Tbsp. cinnamon, and the salt. Spoon mixture onto a waxed paper-lined plate and pat into a 4x2-inch rectangle. Cut rectangle into 15 equal pieces. Roll pieces into balls. Freeze until just firm, 10 minutes.

3. In a shallow dish stir together remaining 2 Tbsp. granulated sugar and 1½ tsp. cinnamon. Shape the cookie dough into fifteen 1½-inch balls (about 2 Tbsp. each). Flatten each dough ball with the palm of your hand to form a 2- to 2½-inch circle. Place a ball of filling in the center of each. Wrap dough completely around filling and roll into balls again. Roll in cinnamon-sugar mixture to coat. Chill dough balls 30 minutes.

4. Preheat oven to 375°F. Place balls 2 inches apart on ungreased cookie sheets. Bake until edges are set and bottoms are light brown, 10 to 11 minutes. Cool on cookie sheets 3 minutes. Transfer to a wire rack; cool. **Makes 15 cookies.**

PER COOKIE *187 cal, 9 g fat (5 g sat fat), 35 mg chol, 134 mg sodium, 26 g carb, 1 g fiber, 15 g sugars, 2 g pro.*

Cinnamon Roll Cheesecake

PICTURED ON ***P. 89*** **// HANDS ON** 40 min. **TOTAL TIME** 6 hr. 40 min.

2¼	**cups finely crushed Biscoff cookies (about 30 cookies)**
1¼	**cups plus 1 Tbsp. granulated sugar**
¼	**cup finely chopped pecans**
2	**Tbsp. plus 1½ tsp. ground cinnamon**
¾	**tsp. salt**
½	**cup plus 3 Tbsp. butter, melted**
¾	**cup packed brown sugar**
6	**Tbsp. all-purpose flour**
1	**Tbsp. plus ½ tsp. vanilla**
4	**8-oz. pkg. cream cheese, softened**
½	**cup sour cream**
3	**eggs, lightly beaten**
	Cream Cheese Frosting and/or Mini Cinnamon Rolls (recipes, *right*) (optional)

1. In a large bowl combine crushed cookies, the 1 Tbsp. granulated sugar, the pecans, ½ tsp. of the cinnamon, and ¼ tsp. of the salt. Stir in the ½ cup melted butter. Press crumb mixture onto the bottom and 1 inch up the sides of a 10-inch springform pan.

2. In a bowl combine brown sugar, flour, remaining 3 Tbsp. melted butter, the 2 Tbsp. cinnamon, the ½ tsp. vanilla, and remaining ½ tsp. salt.

3. Preheat oven to 325°F. In a large bowl beat cream cheese and remaining 1¼ cups granulated sugar with a mixer on medium until fluffy, scraping bowl. Beat in sour cream and remaining 1 Tbsp. vanilla and 1 tsp. cinnamon on low until smooth. Stir in eggs until well combined.

4. Pour one-third of the cream cheese mixture (about 2 cups) over crust. Sprinkle half (about 1 cup) of the brown sugar mixture over batter. Repeat layers. Pour the remaining cream cheese mixture over top.

5. Bake until a 2½-inch area around edge is set when cheesecake is gently shaken, 40 minutes. Tent with foil if needed to prevent overbrowning. Turn off oven; leave cheesecake in oven 20 minutes more.

6. Cool in pan on a wire rack 15 minutes. Using a knife, loosen crust from sides of pan; cool 30 minutes. Remove sides of pan. Cover and chill 4 to 12 hours.

7. Let stand at room temperature 15 minutes before serving. If you like, spread Cream Cheese Frosting over cheesecake and drizzle with cinnamon-honey (tip, *p. 89*). Top with Mini Cinnamon Rolls (if using). **Makes 16 servings.**

PER SERVING *484 cal, 34 g fat (19 g sat fat), 117 mg chol, 422 mg sodium, 41 g carb, 1 g fiber, 31 g sugars, 6 g pro.*

CREAM CHEESE FROSTING

In a mixing bowl beat 4 oz. softened cream cheese and ½ cup powdered sugar until combined. Gradually add 1 cup heavy cream while beating; continue beating until frosting thickens and forms soft peaks (tips curl over). Beat in 1 tsp. vanilla just until combined (you don't want the frosting to form stiff peaks).

MINI CINNAMON ROLLS

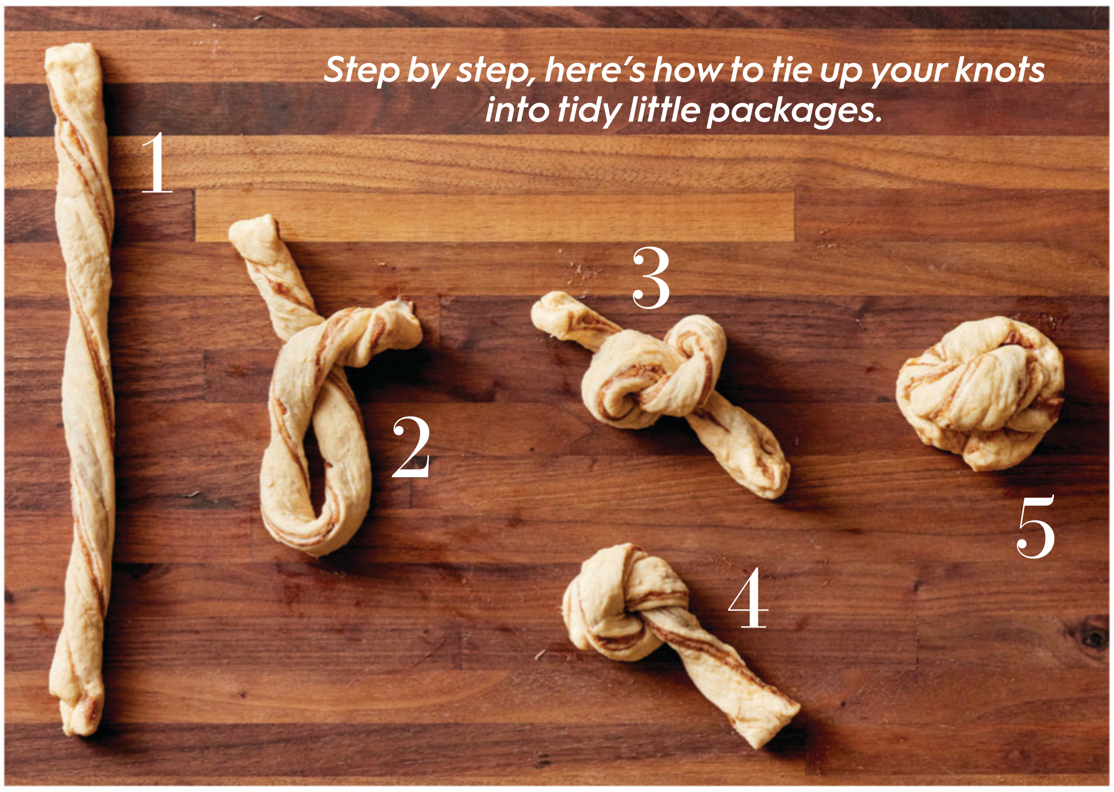
Preheat oven to 350°F. Line a baking sheet with parchment paper. On a lightly floured surface unroll one 8-oz. pkg. crescent roll dough to a 13x7-inch rectangle. Spread 3 Tbsp. softened butter over dough. Sprinkle with ¼ cup packed brown sugar and 2 tsp. ground cinnamon. Cut dough in half crosswise to make two 7x6½-inch rectangles. Starting at cut edges, tightly roll up rectangles to make two logs. Wrap logs with plastic wrap; freeze until firm, 15 minutes. With a sharp knife, cut logs crosswise into ½-inch pieces. Reshape rolls to round as needed (refreeze dough if needed so rolls hold shape). Place rolls 1 inch apart on prepared baking sheet. Bake until golden and centers are done, 10 to 12 minutes; cool slightly. For glaze, in a small bowl whisk 1 cup powdered sugar and 2 to 3 Tbsp. milk until drizzling consistency. Drizzle rolls with glaze. Makes 30 to 32 mini cinnamon rolls.

Chai-Spiced Knots

PICTURED ON *P. 92*

HANDS ON 20 min. **TOTAL TIME** 2 hr. 35 min.

- 2¾ cups all-purpose flour
- ¼ cup granulated sugar
- 2 Tbsp. plus 1 tsp. ground cinnamon
- 2½ tsp. chai spice
- 1 pkg. instant or quick-rise yeast (2¼ tsp.)
- ¾ tsp. salt
- 1 cup milk
- ¼ cup cold butter
- ½ cup butter, softened
- ½ cup packed brown sugar
- 1 tsp. vanilla
- 1 egg
- 2 Tbsp. water
- 1 Tbsp. honey
- 1 Tbsp. turbinado (raw) sugar



Step by step, here's how to tie up your knots into tidy little packages.

1. In a bowl stir together flour, granulated sugar, the 1 tsp. cinnamon, 1½ tsp. of the chai spice, the yeast, and salt.

2. In a small saucepan heat milk and cold butter over medium, stirring frequently, until 120°F to 130°F and butter is nearly melted. Slowly add milk mixture to flour mixture, stirring until a dough forms. Knead dough on a lightly floured surface until smooth, 8 to 10 minutes. Dough will be sticky but will be easy to handle after rising. Place dough in a lightly greased bowl; cover. Let rise until double in size, 1 hour.

4. Meanwhile, for filling, in a medium bowl stir together the softened butter, brown sugar, vanilla, and the remaining 2 Tbsp. cinnamon and 1 tsp. chai spice.

5. Line a large baking sheet with parchment paper. On a lightly floured surface, roll dough into a 20x12-inch rectangle. Spread filling evenly over dough. Bring a short side over two-thirds of the way, then fold the remaining third over top (like a letter). Gently roll the folded dough with a rolling pin to press against the filling. Let rest 5 minutes. For shaping, *above*, cut into twelve 1-inch-wide strips. Gently pull a strip, twist slightly into a spiral (1), and tie into a loose knot (2 and 3). Tuck loose ends under the bun (4 and 5) and place on prepared baking sheet. Repeat with remaining strips. Cover loosely with a lint-free kitchen towel; let rise 1 hour.

7. Preheat oven to 375°F. For egg wash, in a bowl beat together egg and 1 Tbsp. of the water. For honey drizzle, in a bowl stir together honey and remaining 1 Tbsp. water until honey dissolves.

8. Brush buns with egg wash. Sprinkle with turbinado sugar. Bake until golden brown, 12 to 15 minutes. Spoon honey drizzle over top. Serve warm or at room temperature. **Makes 12 buns.**

PER BUN *292 cal, 13 g fat (8 g sat fat), 48 mg chol, 254 mg sodium, 41 g carb, 2 g fiber, 18 g sugars, 4 g pro.*

Get to Know Cinnamon

All cinnamon derives from the bark of several types of *Cinnamomum* trees within the laurel family. To explain labels, we turned to two experts: chef Lior Lev Sercarz, founder of La Boîte spice company and author of *The Spice Companion,* and Alex Wilkens, VP of products for The Spice House.

CEYLON

Called true cinnamon, this Sri Lankan soft stick type is the inner bark of the *Cinnamomum verum* tree, which has thinner, more papery bark than other cinnamon trees. It's the main type of cinnamon used in Mexican dishes such as moles.

CASSIA

Other commercially available cinnamon comes from other types of *Cinnamomum* trees known as cassia, like Korintje and Vietnamese.

KORINTJE

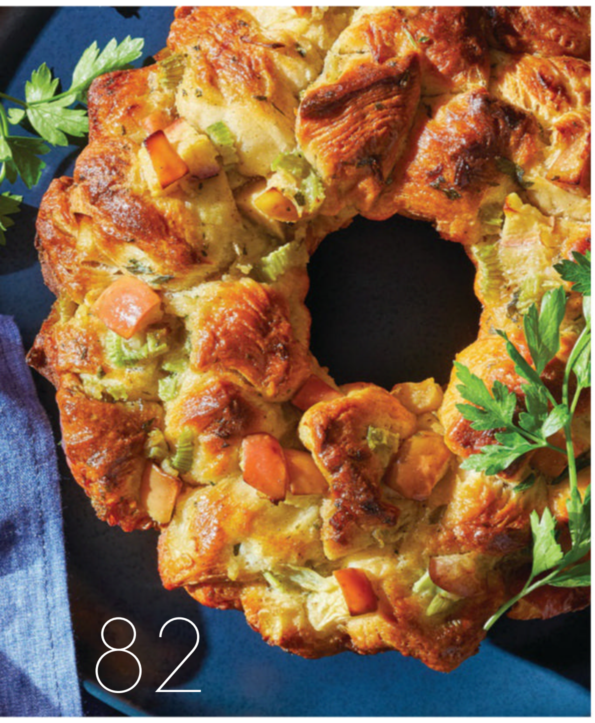
This is the most common type sold in supermarkets as generic "cinnamon."

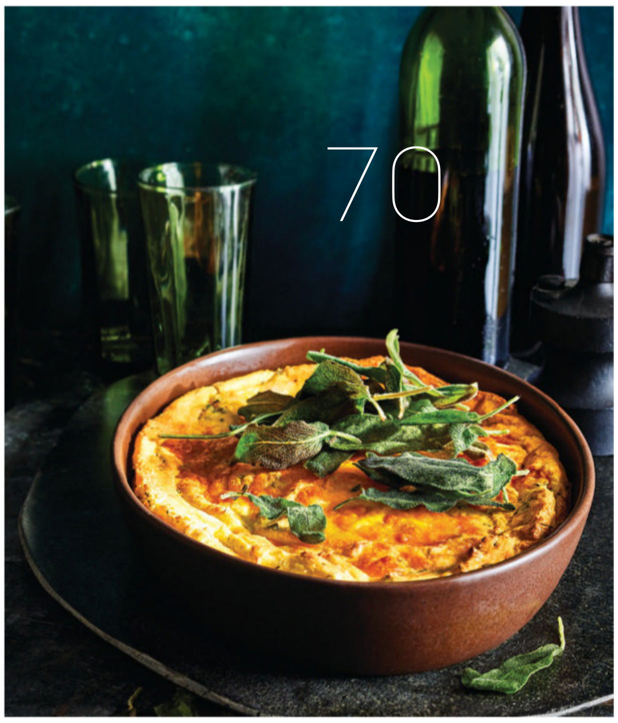
VIETNAMESE

Vietnamese cinnamon (sometimes labeled Saigon) is higher in volatile oils (i.e., fat-soluble oils in the plant that give spices flavor). It contributes a pleasant sweetness to dishes like pho.

CINNAMON BARK

In specialty stores, cinnamon bark is available in rougher, larger pieces that look different from the more commonly found smooth quills. They can be used in a similar way to stick cinnamon.





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